

AUSTRALIAN

diabetic LIVING

Build your
(diabetes)
**DREAM
TEAM**

**THE
MED
DIET**

*Why it's
the best
way to eat*

**TERIYAKI BEEF
NOODLES**
See page 28

**Love
YOUR
guts**
**OUR GUIDE TO
GOOD GUT HEALTH**

PLUS!

✓ **SOLO SPECIALS**

✓ **NO COOK, NO PROBLEM**

✓ **SUMMER GRILLS**

**WEIGHTY
MATTERS**
Why lifting is
good for you

**HOBBY
HABITS**
What's your
specialty topic?

**TAKE GOOD
CARE**
The diabetes
and injury link

**GESTATIONAL
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Everything you
need to know



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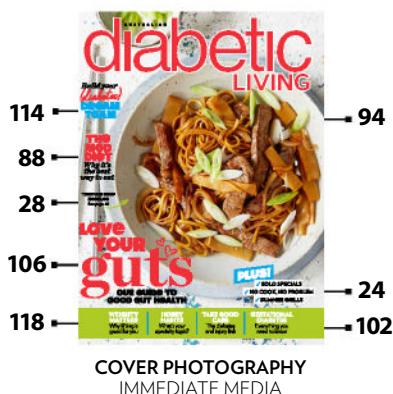
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MARCH/APRIL 2025

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**NEXT
ISSUE
ON SALE
APR 17**

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100



PHOTOGRAPHY IMMEDIATE MEDIA AND GETTY IMAGES

Hobby hero



Talking to friends who have retired recently (I'm not quite there yet), a few of them have bemoaned the fact that they don't have any hobbies. Up until now their lives have been full of work, children of various ages and the general running of a house. But, with new-found time on their hands they have realised they don't have as much to fill it with as they might have thought. I've always had a lot of hobbies and look forward to the day when I can indulge them a bit more fully. The thing is, hobbies are actually really good for you - and not just to fill in time post-retirement. Turn to page 100 to find out more about why spending time doing your "thing" is so worthwhile.

One of my hobbies is cooking and I always love being inspired by new recipes and flavour combinations. We've got plenty of recipes in this issue to make sure you get the most out of the last weeks of summer and I know I'll be firing up the barbecue for The Grills of Summer (p60) and turning on the oven for some Afternoon Delights (p72) I can bake for friends.

We know that health's a priority for you, have you started incorporating weight-bearing exercises into your routine? I know it can sound a bit daunting, but turn to our feature on page 118 to find out why lifting some weight is worth it and how easy it can be!

Until next time...

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



diabeticliving@aremedia.com.au



diabeticliving.com.au



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING LIVES. CURING TYPE 1 DIABETES.

diabetes australia

Coeliac Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

● **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.

● **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.

● **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.

● **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.

● **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

● **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

● **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...

What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

IN 2020, TYPE 1 DIABETES COST

\$2.9 BILLION

in Australia, through healthcare costs, reduced wellbeing, lower employment and additional care



FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

TAKE THIS TO HEART

1 You're not alone

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■



YOUR healthy life

The latest global diabetes news



Diabetes Australia recently announced that the Freestyle Libre 2 is now available on the National Diabetes Services Scheme (NDSS) through the Continuous Glucose Monitoring Initiative for people who meet eligibility criteria. This sensor technology enables people to monitor their glucose levels in real time without needing to finger prick. There are now 58,000 Australians eligible for the subsidy and Diabetes Australia is continuing to advocate for everyone who could benefit from this technology to have access to it. If you are not eligible for the NDSS CGM initiative, the Freestyle Libre 2 is available to purchase at the same price as the original Freestyle Libre.

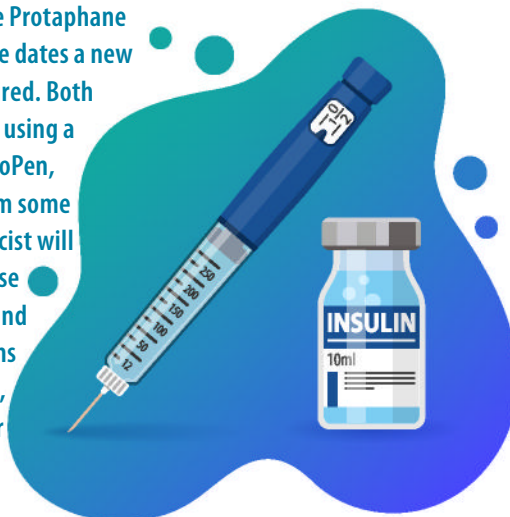
**GOOD
News!**



Diabetes Australia recently announced that it will invest \$40 million over the next decade to support the country's world-leading diabetes researchers in their efforts to find a cure for the disease. "Research is the key to changing the future of diabetes in Australia," says Justine Cain, Diabetes Australia's Group CEO. "It creates hope for a cure and for better day-to-day management, which is vital for people living with diabetes. This significant commitment by Diabetes Australia will provide greater certainty for our diabetes research community and grow its life-changing impact in discovering better treatments, and ultimately a cure for all types of diabetes." Diabetes Australia is engaging with the research community and people living with diabetes early this year to design an approach that ensures the \$40 million investment achieves maximum impact over the next 10 years.

DISCONTINUATION ALERT FOR SOME INSULIN PRODUCTS

In February, pharmaceutical company Novo Nordisk discontinued two of its popular insulin products – the Ryzodeg 70/30 FlexTouch insulin prefilled pens and the Protaphane InnoLet insulin cartridges. As a result, Australia's Therapeutic Goods Administration is allowing pharmacists to give people with an existing prescription for these a substitute product - until 31 March 2025 for the Ryzodeg FlexTouch and 28 February 2026 for the Protaphane InnoLet cartridges. Past these dates a new prescription will be required. Both substitute products involve using a delivery device called a NovoPen, which is available for free from some pharmacies, and your pharmacist will show you how to use it. If these discontinuations impact you and you have questions or concerns about the substitute products, ask your pharmacist, doctor or diabetes educator for more information.



Q: I wanted to make 2025 my healthiest year yet, so set some health-related New Year's resolutions, but only managed to stick to them for a few weeks. I'm so disappointed in myself and would love some advice for making a healthy change stick for good?

Dr Clarke says: You're not alone. For most of us, the changes we commit to are never realised, with most forgotten in the first few months of the year!

However, change that 'sticks' is possible when we know the planning traps to avoid and what to do instead.

1: Start small. Big plans set us up for disaster because they're just too hard. Pick the smallest, easiest and most attractive behavioural change that you're willing to persist with.

2: Be specific. Often our goals are too vaguely specified. Goals like 'eating healthier' or 'exercising more' are complex. Make your goal so specific that it would be clear to anyone exactly what you will be doing.

3: Don't quit prematurely. If you're struggling to achieve your goal, do a review. Review your strategy and make some tweaks, for example maybe you're too tired to get to the gym late in the day, morning might be better? And review your goal. Maybe going to the gym is unrealistic; what other healthy activities might you pursue?

4: Know your why. We're more willing to persist with behaviour that's important so clarify what matters to you, and treat this like the North point on your compass. Consult your compass when you choose your actions.

Dr Janine Clarke, psychologist



Q&A ASK DR MARSH

Q: My daughter has asked that we gift 'healthier' Easter presents to our grandchildren this year, instead of sticking to the traditional chocolate eggs and bunnies. I'm totally on board but need some inspiration – what sort of treats could I buy or make that my grandkids will still enjoy?

Dr Marsh says: That's a great idea! Here are a few edible and non-edible suggestions to consider:

- ◆ Home-made mini fruit muffins with a few chocolate chips
- ◆ Home-made wholemeal hot cross buns
- ◆ Easter bunny fruit tray – use fruit such as kiwi, pineapple, blueberries and strawberries to make a bunny face or a colourful Easter egg on a large tray or platter
- ◆ Home-made mini chocolate balls made from dates, nuts, nut butter and cacao
- ◆ A fruit platter with chocolate-dipped strawberries, fruit skewers and yoghurt dip
- ◆ Chocolate-coated nuts or chickpeas
- ◆ Decorate boiled eggs for an Easter-themed breakfast
- ◆ A DIY Easter egg painting kit with wooden or ceramic eggs
- ◆ A basket filled with craft activities for the Easter holidays
- ◆ An Easter-themed book, colouring book or jigsaw puzzle

And if you don't want to cut out the chocolate eggs altogether, choose one small, good quality chocolate egg for each person, preferably fair trade.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator



**SAVE
THE
DATE**

Friday 14 March is World Kidney Day and this year's theme is 'Are Your Kidneys OK? – Detect early, protect kidney health'. If you're living with diabetes, that's a timely message, given around 25 per cent of people with diabetes also have kidney disease. The good news is that most kidney failure can be prevented with early intervention. The bad news is that just under a quarter of people are getting their kidneys checked within recommended timeframes. If you are living with diabetes and you haven't had a Kidney Health Check recently or at all, make an appointment with your doctor as soon as possible. The straightforward check simply involves having your blood, urine and blood pressure tested and should be repeated once a year.

Eight really is enough

It turns out the old advice to drink eight glasses of water a day has solid foundations. "For such a ubiquitous and simple intervention, the evidence hasn't been clear and the benefits were not well-established," says Benjamin Breyer, the author of a recent review study designed to investigate whether or not drinking that amount of water is actually, genuinely healthy. "The amount of rigorous research turned out to be limited but in some specific areas there was a statistically significant benefit." For example, drinking eight glasses of water a day significantly decreases the likelihood of experiencing repeated kidney stones while six glasses may help with weight loss. The study also found that drinking enough water was protective against migraines, recurrent headaches and urinary tract infections.





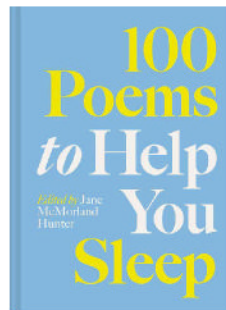
your healthy life

Doing that amount of vigorous physical activity a day could almost halve the risk of heart attacks and heart failure among middle-aged women. That's according to a new study conducted at the University of Sydney's Charles Perkins Centre.

And it doesn't have to be four minutes in a row, either – the research showed doing a few short bursts lasting up to one minute was effective. "As a starting point," says lead author Professor Emmanuel Stamatakis, "it could be as simple as incorporating, throughout the day, a few minutes of activities like stair climbing, carrying shopping, playing tag with a child or a pet or either uphill or power walking."

GOOD NEWS FOR YOUR MEMORY IF YOU'RE TAKING OZEMPIC

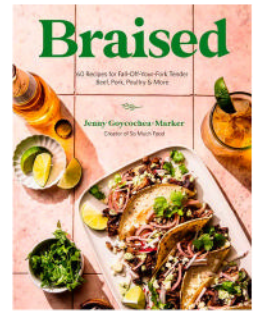
A study has shown how people taking semaglutide, also known as Ozempic, to manage their type 2 diabetes had a significantly lower risk of developing Alzheimer's disease, which is the most common cause of dementia. It's an important discovery considering previous research has shown a strong link between diabetes and an increased dementia risk. Not using semaglutide? Don't worry – there are plenty of other things that you can do which have a protective effect for your brain. In addition to doing what you can to manage your blood glucose and cholesterol levels, eating well, exercising regularly and getting enough sleep can help. And if you smoke, quitting is also one of the best things you can do for brain health.



100 Poems to Help You Sleep

Edited by Jane McMorland Hunter
Batsford GB, \$24.99

This soothing anthology contains 100 poems specially selected to calm your mind, introduce positive thoughts, lull you to sleep and bring on sweet dreams. As well as poetry about the night itself, there are also poems that reflect on the good things in life, encouraging gratitude for the day just gone and optimism for the one that lies ahead. Use it just before you turn off the light at night or to guide you gently back to sleep when you wake in the small hours.



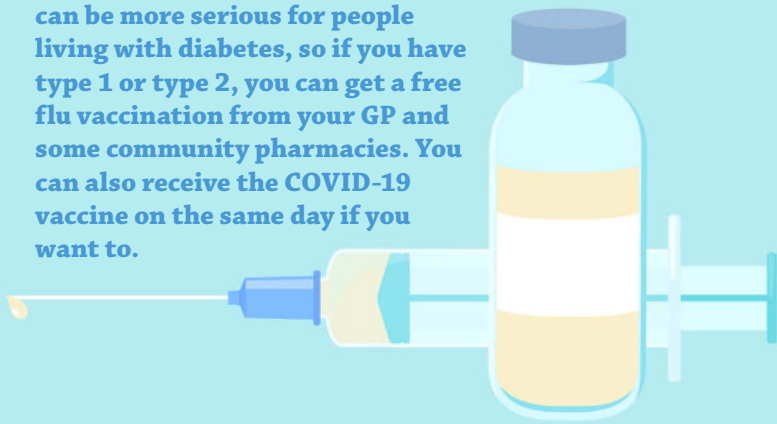
Braised

By Jenny Goycochea-Marker
Page Street Publishing, \$44.99

Perfect for beginners or home cooks looking to level up their dinners, braising guarantees layered flavour, a fall-off-the-bone bite and it's ideal as the weather grows cooler. In *Braised* you'll find 60 innovative braise-based recipes including classics such as coq au vin and beef ragu, as well fresh takes on your favourites, like mushroom and lentil bourguignon and beer-braised lamb tacos. Let your oven do the work and enjoy impressive meals every day of the week this autumn.

GET YOUR SHOT IN APRIL

If you usually get an annual flu vaccine, put a note in your diary to make an appointment in late April. While it's never too late in the year to get vaccinated, receiving the shot from the end of April onwards gives you the best chance of being protected in peak flu season, which typically runs from June to September. Catching the flu can be more serious for people living with diabetes, so if you have type 1 or type 2, you can get a free flu vaccination from your GP and some community pharmacies. You can also receive the COVID-19 vaccine on the same day if you want to.



Have you joined Diabetes YOUnited yet?

In response to the fact that 75 per cent of people with diabetes are worried that managing the disease will become unaffordable in the future, late last year Diabetes Australia launched Diabetes YOUnited. It's a national program designed to provide easy-to-access trusted support, information, education tools, news, expert resources and more, to help people, no matter what their financial situation, live well with diabetes. And best of all, membership is free. Visit diabetesaustralia.com.au/membership to find out more, including how to join.

New research supports the low-carb approach

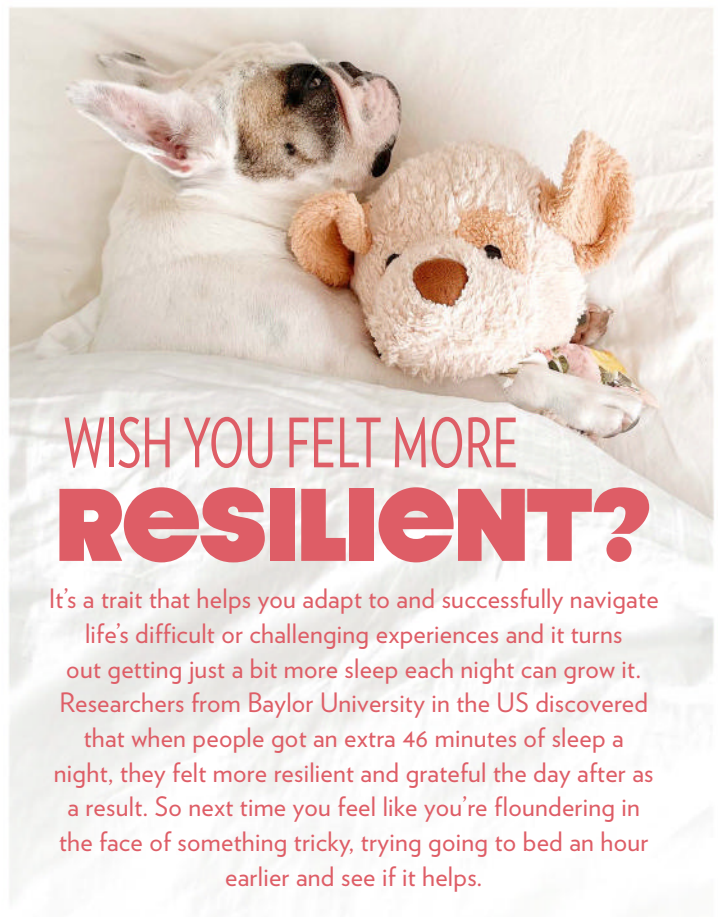
It's official: the results of a new US study show that adults with type 2 diabetes who stick to a low-carbohydrate diet may improve the function of their beta-cells, which are responsible for producing and releasing insulin. In the study, this not only allowed people to manage their diabetes better but some were also able to stop taking their medication. "This study shows people with type 2

diabetes on a low-carbohydrate diet can recover their beta-cells, an outcome that cannot be achieved with medication," says lead study author Barbara Gower from the University of Alabama.



WISH YOU FELT MORE RESILIENT?

It's a trait that helps you adapt to and successfully navigate life's difficult or challenging experiences and it turns out getting just a bit more sleep each night can grow it. Researchers from Baylor University in the US discovered that when people got an extra 46 minutes of sleep a night, they felt more resilient and grateful the day after as a result. So next time you feel like you're floundering in the face of something tricky, trying going to bed an hour earlier and see if it helps.



WORDS KAREN FITTALL PHOTOGRAPHY AND ILLUSTRATIONS GETTY IMAGES



HERE TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...

PHOTOGRAPHY: GETTY IMAGES

DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit diabetesaustralia.com.au.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS)

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit ndss.com.au or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)

Consulting with a credentialed diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to adea.com.au to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to jdrf.org.au to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit footforward.org.au

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit keepsight.org.au

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to mydesmondaustralia.com.au to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit ndis.gov.au or call **1800 800 110** for more information.



**HOW OUR
FOOD WORKS
FOR YOU**
see page 86

5 DAYS DINNERS

Five satisfying weeknight meals, already sorted
for you with this collection of nutritious recipes

MONDAY

Fish & vegetable chowder

Recipe, page 16



**GFO**

FISH & VEGETABLE CHOWDER

PREP 10 MINS **COOK** 40 MINS

SERVES 2 (AS A MAIN)

100g boneless white fish fillets
250ml (1 cup) skim milk
250ml (1 cup) salt-reduced vegetable stock
or gluten-free stock
1 sprig thyme
½ tsp olive oil
½ brown onion, finely chopped
1 clove garlic, finely chopped
½ leek, sliced
210g (½ medium) orange sweet potato,
finely chopped
½ x 420g can no-added-salt corn kernels,
rinsed and drained
2 tbsp dried red lentils
Small handful flat-leaf parsley, chopped
1 (60g) wholemeal roll or gluten-free roll,
torn into 2 pieces

1 Place the fish in a deep non-stick frying pan. Add the milk, stock and thyme. Bring to the boil over medium heat. Reduce heat to medium and simmer, partially covered, for 7-8 minutes or until the fish is cooked. Remove the pan from the heat. Take out the fish (reserving the liquid), peel off the skin and flake the fish onto a plate. Cover and set aside to use later.

2 Meanwhile, heat the oil in a large saucepan. Add the onion, garlic and leek. Cook, stirring occasionally, for 8-10 minutes or until the vegetables soften.

3 Add the sweet potato, corn and lentils to the saucepan with the cooking liquid from the fish. Bring to the boil over medium-high heat. Reduce heat to medium and simmer for 30 minutes. Season with pepper. Use a hand-held blender to blend until it's roughly chopped (it's nice if you leave it quite roughly chopped).

4 Add the flaked fish and chopped parsley to the pan. Stir to heat through. Serve with bread.

NUTRITIONAL INFO

PER SERVE 1640kJ (392Cal), **protein** 27g, **total fat** 5g (sat. fat 1g), **carbs** 54g, **fibre** 11g, **sodium** 641mg
• **Carb exchanges** 3½ • **GI estimate** medium
• **Gluten-free option**

GF

GRILLED LAMB WITH FRUITY RICE SALAD

PREP 20 MINS (+ COOLING) **COOK** 30 MINS
SERVES 2 (AS A MAIN)

1 red onion
½ tsp ground cinnamon
2 tsp olive oil
200g lean lamb steaks, trimmed of fat
250g pkt Tilda Basmati & Wild Rice Pouch,
heated following packet instructions
Small handful mint, chopped
Small handful flat-leaf parsley, chopped
60g pomegranate seeds (see Cook's tip)
2½ tbsp chopped unsalted shelled pistachios
1½ tbsp reduced-sugar dried cranberries
Juice of ¼ orange
Juice of ¼ lemon

1 Grate ½ onion into a shallow dish. Add the cinnamon and 1 tsp oil. Mix to combine. Add the lamb steaks to the dish and turn to coat in the marinade.

2 Transfer the rice to a large bowl. Finely chop the remaining red onion. Add the finely chopped onion, mint, parsley, pomegranate seeds, pistachio nuts and cranberries to the rice. Toss to combine. Add the orange and lemon juice and remaining oil. Season with freshly ground black pepper. Toss to combine.

4 Preheat a chargrill on medium-high. Remove the lamb from the marinade and add to the chargrill. Cook for 3-4 minutes each side or until cooked to your liking. Transfer to serving plates. Serve with the rice salad.

NUTRITIONAL INFO

PER SERVE 2090kJ (500Cal), **protein** 30g, **total fat** 19g (sat. fat 4g), **carbs** 47g, **fibre** 11g, **sodium** 304mg • **Carb exchanges** 3 • **GI estimate** medium
• **Gluten free**

TUESDAY

**Grilled lamb with
fruity rice salad**

Recipe, opposite

COOK'S TIP

If you can't get
pomegranate seeds,
simply double the dried
cranberries.



WEDNESDAY

BARLEY & MUSHROOM RISOTTO

PREP 15 MINS (+ SOAKING) **COOK** 35 MINS **SERVES** 2 (AS A MAIN)

100g pearl barley
15g dried porcini or shiitake mushrooms (see Cook's tip)
1 tsp olive oil
½ brown onion, finely chopped
1 clove garlic, finely chopped
50g Swiss brown mushrooms, cut into quarters
50ml white wine
500ml (2 cups) salt-reduced vegetable stock
2 tbsp low-fat natural yoghurt
½ bunch chives, finely chopped
2 tbsp finely grated parmesan, to serve

1 Put the barley in a medium bowl and cover with cold water. Put the mushrooms in a small bowl and cover with 50ml boiling water. Set both aside for 20 minutes.

2 Meanwhile, heat the oil in a medium non-stick frying pan. Add the onion and garlic and cook, stirring, for 2 minutes. Add the mushrooms and cook, stirring, for 2 minutes. Drain the barley and add to the pan along with the wine. Simmer until almost all the liquid evaporates, stirring often.

3 Drain the mushrooms, reserving the soaking liquid. Add the mushrooms to the frying pan. Add the soaking liquid to the vegetable stock. Stir the stock into the pan one cup at a time and simmer, stirring often, for 20 minutes, or until all the liquid is absorbed and

the barley is just tender. Stir through the yoghurt. Season with freshly ground black pepper.

4 Spoon the risotto into shallow bowls and sprinkle over chives and parmesan. Serve.

NUTRITIONAL INFO

PER SERVE 1290kJ (309Cal),
protein 13g, **total fat** 7g (sat. fat 3g), **carbs** 38g, **fibre** 9g, **sodium** 814mg • **Carb exchanges** 2½
• **GI estimate** low

COOK'S TIP

You can replace the dried mushrooms with 150g sliced mushrooms of your choice, just don't soak in step 1 and add to the frying pan in step 3.



THURSDAY

**Chargrilled turkey with
quinoa tabbouleh &
tahini dressing**

Recipe, page 20





GF

CHARGRILLED TURKEY WITH QUINOA TABBOULEH & TAHINI DRESSING

PREP 15 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

100g quinoa
1 small Lebanese cucumber,
cut into 1cm chunks
100g cherry tomatoes, halved
1 spring onion, finely sliced
2 tbsp roughly chopped flat-leaf parsley
2 tbsp roughly chopped coriander
2 tsp olive oil, plus ½ tsp extra
Juice of ½ lemon
350g turkey breast steaks

TAHINI DRESSING

3 tsp tahini
3 tsp low-fat natural yoghurt
Juice ¼ lemon
½ clove garlic, crushed
¼ tsp honey
1½ tbsp water

- 1 Put the quinoa in a small saucepan and pour over 300ml water. Cover and bring to the boil over high heat. Reduce heat to medium-low and simmer, covered, for 15-20 minutes or until all the water has evaporated. Remove the pan from the heat and remove the lid. Set aside.
- 2 Put the cucumber, tomatoes, spring onion, parsley and coriander into a bowl. Pour over 2 tsp oil and the lemon juice. Season with pepper and toss to combine.
- 3 Heat a chargrill pan over medium-high heat. Rub both sides of the steak with ½ tsp oil. Season with pepper. Add the turkey to the chargrill and cook for 2-3 minutes on each side or until cooked through.
- 4 Meanwhile, to make the tahini dressing, put all the ingredients in a small bowl. Season with pepper. Whisk well to combine.
- 5 Add the quinoa to the cucumber salad and toss to combine. Divide between serving plates. Cut the turkey into thick slices and place on top of the salad. Drizzle over the tahini dressing and serve.

NUTRITIONAL INFO

PER SERVE 2170kJ (519Cal), **protein** 47g, **total fat** 18g (sat. fat 3g), **carbs** 36g, **fibre** 9g, **sodium** 453mg
• **Carb exchanges** 2 ½ • **GI estimate** low • **Gluten free**

GF

LC

PRAWN & PINEAPPLE SALAD

PREP 20 MINS
SERVES 2 (AS A MAIN)

175g peeled and cored pineapple chunks
70g (2 cups) beansprouts
400g cooked king prawns, peeled and deveined
need
1 small Lebanese cucumber, peeled, deseeded,
sliced on the angle
200g cherry tomatoes, halved
Handful mint leaves, roughly chopped
50g unsalted cashew nuts, toasted

DRESSING

¼ small red chilli, deseeded, finely chopped
1 clove garlic, crushed
½ tsp caster sugar
Juice of 1 lime
¾ tsp fish sauce

- 1 To make the dressing, put all the ingredients in a small bowl. Mix to combine. Set aside.
- 2 Put the pineapple, bean sprouts, prawns, cucumber and tomato in a bowl. Add half the dressing. Toss to combine.
- 3 Divide the salad between serving plates. Scatter over the mint and cashews. Drizzle over the remaining dressing and serve.

NUTRITIONAL INFO

PER SERVE 1200kJ (287Cal), **protein** 18g, **total fat** 13g (sat. fat 2g), **carbs** 19g, **fibre** 7g, **sodium** 609mg
• **Carb exchanges** ½ • **GI estimate** low • **Gluten free**
• **Lower carb**

FRIDAY

**Prawn &
pineapple salad**

Recipe, opposite



Not sure what to do with the remaining food?
Take inspiration from these tasty tips

LOVE YOUR LEFTOVERS

GROCERIES

STOCK Use any remaining stock in sauces and soups.

CORN KERNELS Use in salads.

LENTILS Use to make curries, lentil patties and cook and use in salads.

QUINOA Cook and use in salads, stir-fries, soups and casseroles.

TAHINI Drizzle over roasted vegies and use in dressings.

PEARL BARLEY Use in soups, stews, risottos and salads.

DRIED MUSHROOMS Rehydrate and use in soups, casseroles and sauces.

CASHEWS Finely chop and add to salads or munch on as a snack, sprinkle over stir-fries or use in baking.

PISTACHIO NUTS Use in salads or finely chop and sprinkle over low-fat natural yoghurt with a little chopped fruit and a sprinkle of cinnamon.

CRANBERRIES Finely chop and use in salads, or make into a fruit and nut mix with the remaining pistachio nuts and some sunflower seeds.

YOGHURT Use in dressings, drizzle over fruit or use in smoothies.

FRUIT & VEGETABLES

THYME, PARSLEY, CORIANDER, CHIVES AND MINT Finely chop and use in dressings, toss through steamed or roasted potatoes or vegetables.

LEEK Thinly slice or cut into strips. Use in risotto, soups or stir-fries.

CHERRY TOMATOES Finely chop and use in salsas, salads or snack on.

SPRING ONIONS Finely chop and use in dressings, salsas or diagonally slice and use in salads or sprinkle over stir-fries before serving.

BEAN SPROUTS Toss with salad leaves, cucumber and carrot ribbons, coriander leaves, chargrilled beef, chicken and prawns. Make a quick dressing with olive oil, lime juice, chopped chilli and fish sauce.

CHILLI Use in stir-fries and dressings.

ORANGE Cut into wedges and eat as a snack.

POMEGRANATE SEEDS Toss with chopped strawberries, kiwifruit and some shredded mint. ■

SHOPPING LIST

GROCERIES

- ☐ 1L carton salt-reduced vegetable stock
- ☐ 420g can no-added-salt corn kernels
- ☐ 375g pkt dried red lentils
- ☐ 500g pkt quinoa
- ☐ 375g jar tahini
- ☐ 500g pkt pearl barley
- ☐ 50g pkt dried porcini (or shiitake) mushrooms
- ☐ 200g pkt unsalted cashews
- ☐ 80g pkt unsalted shelled pistachio nuts
- ☐ 250g pkt Tilda Basmati & Wild Rice Mix
- ☐ 250g pkt reduced-sugar cranberries

CHILLED

- ☐ 170g tub low-fat natural yoghurt
- ☐ Parmesan cheese

BAKERY

- ☐ 1 (60g) wholemeal bread roll

MEAT & POULTRY

- ☐ 350g turkey breast steaks
- ☐ 200g lean lamb leg steaks

SEAFOOD

- ☐ 100g boneless white fish fillets
- ☐ 400g cooked king prawns

PANTRY

- ☐ Skim milk
- ☐ Olive oil
- ☐ 4 cloves garlic
- ☐ Honey
- ☐ White wine
- ☐ Caster sugar
- ☐ Fish sauce
- ☐ Ground cinnamon

FRUIT & VEGETABLES

- ☐ 1 bunch thyme
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch coriander
- ☐ 1 bunch chives
- ☐ 1 bunch mint
- ☐ 1 brown onion
- ☐ 1 leek (
- ☐ 1 large (210g) orange sweet potato
- ☐ 2 small Lebanese cucumbers
- ☐ 2 punnets cherry tomatoes
- ☐ ½ bunch spring onions
- ☐ 1 lemon
- ☐ 50g Swiss brown mushrooms
- ☐ ½ pineapple
- ☐ 1 pkt bean sprouts
- ☐ 1 small red chilli
- ☐ 1 lime
- ☐ 1 red onion
- ☐ 1 orange
- ☐ 1 pomegranate (or pkt pomegranate seeds)



TABLE *for* one

Single portion meals, ready in a flash

HOW OUR
FOOD WORKS
FOR YOU
see page 86

Salami & zucchini pizza Recipe, page 28



GFO

CHICKEN & SWEET POTATO PARCEL

PREP 10 MINS **COOK** 30 MINS
SERVES 1 (AS A MAIN)

60ml (¼ cup) light coconut cream
2 tsp brown sugar
½ tsp fish sauce
1½ tsp Thai green curry paste or
gluten-free curry paste
1 x 125g skinless chicken breast
fillet, trimmed of fat
210g orange sweet potato, cut
into small cubes
1 small red capsicum, deseeded,
cut into small cubes
Handful coriander leaves and a
few lime wedges, to serve

1 Preheat oven to 180°C (fan-forced). Combine the coconut cream, brown sugar, fish sauce and green curry paste in a bowl.

2 Line a large baking tray with non-stick baking paper. Put the chicken in the middle with the potato and capsicum around it. Pour over the sauce. Fold the paper to form a seal and scrunch up the ends.

3 Cook the parcel for 25-30 minutes or until the chicken is cooked through. Sit the parcel on a plate and open. Sprinkle with coriander and lime wedges for squeezing over.

NUTRITIONAL INFO

PER SERVE 1790kJ (428Cal),
protein 37g, **total fat** 7g (sat. fat
5g), **carbs** 48g, **fibre** 11g, **sodium**
847mg • **Carb exchanges** 3 • **GI**
estimate low • **Gluten-free option**



Fresh tuna with harissa & potato stew Recipe, page 28



COOK'S TIP

You can replace the tuna with salmon just increase the cooking time to 3-4 minutes each side.

GFO LCO**SALAMI & ZUCCHINI PIZZA****PREP 5 MINS COOK 15 MINS**
SERVES 1 (AS A MAIN)

1 small zucchini, thinly sliced
 2 tsp olive oil
 Pinch dried oregano
 1 x 70g flatbread or tortilla wrap
 2 tbsp chilli & tomato pasta sauce
 30g thinly sliced salami or gluten-free salami, cut into strips
 2½ tbsp grated reduced-fat cheddar

1 Preheat oven to 200°C (fan-forced). Line a baking tray with non-stick baking paper. Heat a chargrill pan on medium-high. Toss the zucchini, oil and oregano in a small bowl. Season with pepper. Lay the zucchini slices on the chargrill and cook for 2-3 minutes on each side until just tender.

2 Put the flatbread on the lined tray and spread with the pasta sauce. Arrange the zucchini slices on top. Scatter over the salami and cheese. Bake for 8 minutes or until the cheese melts and the edges of the flatbreads have turned crispy.

NUTRITIONAL INFO

PER SERVE 2250kJ (538Cal),
protein 21g, **total fat** 32g (sat. fat 10g), **carbs** 39g, **fibre** 4g, **sodium** 1140mg • **Carb exchanges** 2 ½ • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION: Replace the flatbread with a Simson's Pantry Low Carb Tortilla.

PER SERVE 1880kJ (450Cal),
protein 24g, **total fat** 31g (sat. fat 12g), **carbs** 10g, **fibre** 8g, **sodium** 867mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

GFO LC**FRESH TUNA WITH HARISSA & POTATO STEW****PREP 10 MINS COOK 25 MINS**
SERVES 1 (AS A MAIN)

200g baby Zerella Spud Lite Potatoes
 1 small brown onion, sliced
 3 tsp olive oil
 1-2 tsp harissa paste
 150ml salt-reduced chicken stock or gluten-free stock
 5 cherry tomatoes
 1 x 150g fresh tuna steak
 Handful coriander leaves

1 Put the potatoes in a small saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium-high and cook, uncovered, for 7-10 minutes or until tender. Drain. Halve the potatoes.

2 Meanwhile, heat 2 teaspoons of the oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 6-7 minutes or until softened. Stir in the harissa and stock and bring to a simmer. Add the halved cooked potatoes and cherry tomatoes to the pan. Simmer for 10 minutes or until the tomatoes start to break down a little.

3 Preheat a chargrill pan on medium-high. Brush the tuna with the remaining oil and season with pepper. Add the tuna and cook for 2 minutes each side. Transfer to a plate.

4 Stir the coriander into the potato mixture. Spoon the potato mixture into a shallow bowl. Place the tuna on top and sprinkle with the coriander. Serve.

NUTRITIONAL INFO

PER SERVE 1820kJ (435Cal),
protein 40g, **total fat** 16g (sat. fat 3g), **carbs** 26g, **fibre** 7g, **sodium**

704mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GFO**TERIYAKI BEEF NOODLES****PREP 10 MINS COOK 10 MINS**
SERVES 1 (AS A MAIN)

1 nest medium dried egg noodles or gluten-free noodles
 1 tsp olive oil
 1 x 100g beef sirloin steak, trimmed of fat, diagonally sliced
 1 clove garlic, crushed
 1½ tsp grated ginger
 1 small brown onion, finely sliced
 ½ x 225g can bamboo shoots, rinsed and drained
 1 tbsp teriyaki sauce or gluten-free teriyaki sauce
 1 spring onion, diagonally sliced
 Sesame oil, for drizzling

1 Cook the noodles following pack instructions, then drain and rinse under cold water, then drain again.

2 Heat a wok until very hot over high heat. Add the oil and heat. Add the beef and stir-fry for 1-2 minutes or until tender. Remove the beef from the wok. Reduce heat to medium and add the garlic and ginger. Stir-fry for 1 minute.

3 Add the onion and bamboo shoots and stir-fry for 3 minutes. Add the noodles and toss until hot. Return the beef to the wok with the teriyaki sauce. Toss to combine.

4 Transfer the beef noodles to a large serving bowl. Scatter with the spring onion and a drizzle of sesame oil.

NUTRITIONAL INFO

PER SERVE 2360kJ (565Cal),
protein 35g, **total fat** 18g (sat. fat 4g), **carbs** 61g, **fibre** 7g, **sodium** 855mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

Teriyaki beef noodles Recipe, opposite



Make light work of Easter Sunday lunch with this deliciously easy dish – just serve with baby potatoes. Frozen peas and beans work well but fresh peas and broad beans can be used instead.



EASTER parade

GFO LC

SLOW-COOKED LAMB WITH FRESH MINT SAUCE

PREP 20 MINS COOK 3 HOURS 40 MINS SERVES 10 (AS A MAIN)

1 leg of lamb (about 2kg)
300g small baby onions, peeled
250ml (1 cup) white wine
200ml salt-reduced chicken stock or
gluten-free stock
300g baby leeks or regular leeks cut into
strips
300g fresh or frozen peas
300g broad beans, double-podded

MINT SAUCE

1 large bunch mint, leaves picked and
chopped
1½ tbsp caster sugar
5 tbsp white wine vinegar
1kg Zerella Baby Spud Lite Potatoes,
halved, steamed, to serve

1 Preheat oven to 140°C (fan-forced).
Spray the leg of lamb all over with olive oil
cooking spray and season with pepper.
Heat a large non-stick frying pan over
medium-high heat. Add the lamb and
cook, turning occasionally, for 5-6 minutes
or until well browned all over. Transfer the
lamb to a large roasting tin. Add the

onions to the frying pan and cook, turning
often, for 4-5 minutes or until light golden.
Add to the roasting tin with the lamb.

2 Pour the wine and stock over the lamb
and onions. Cover with a double sheet of
foil. Roast for 3 hours.

3 Add the leeks to the roasting tin and
cook for a further 20-25 minutes or until
tender. Tip in the peas and broad beans.
Cover and roast for 10-15 minutes or until
just cooked.

4 Meanwhile, to make the mint sauce, put
the chopped mint leaves and sugar in a
bowl. Pour over 5 tbsp boiling water. Set
aside to cool, then stir in the vinegar.

5 Serve the lamb and vegetables with the
mint sauce and steamed potatoes.

NUTRITIONAL INFO

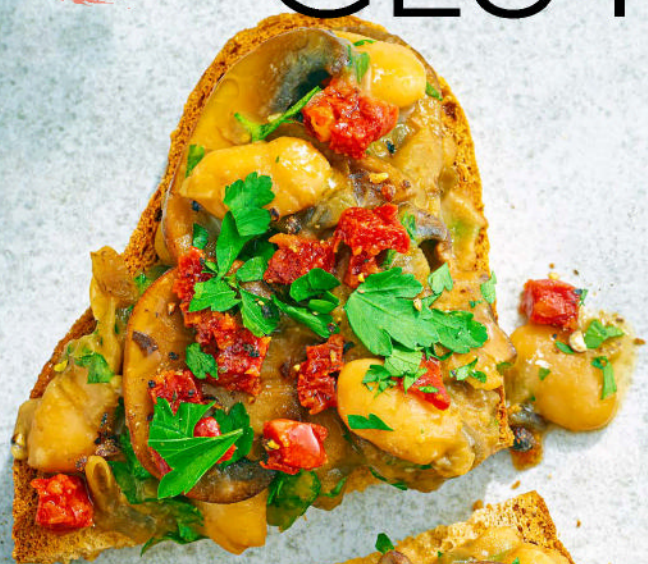
PER SERVE 1880kJ (450Cal), protein 51g,
total fat 15g (sat. fat 6g), carbs 17g, fibre
7g, sodium 174mg • Carb exchanges 1 •
GI estimate medium • Gluten-free
option • Lower carb



Having to avoid gluten can make life difficult at times. Here are five simple yet delicious meals for our gluten-free friends (that everyone can enjoy).

EASY **PeASY** GLUTEN- **Free**

HOW OUR
FOOD WORKS
FOR YOU
see page 86



Mushroom & butter bean
toasts with crispy chorizo
Recipe, page 36

gluten-free

**Aglie e olio with sundried
tomato breadcrumbs**
Recipe, page 38



gluten-free

GF

JUICY PRAWN & LEMONGRASS BURGERS

PREP 10 MINS **COOK** 20 MINS

SERVES 2 (AS A MAIN)

200g raw king prawns, peeled, deveined and roughly chopped
1 spring onion, roughly chopped
2 tsp finely chopped lemongrass
2 cloves garlic, crushed
½ small red chilli, finely chopped
¼ cup coriander, roughly chopped
2 Woolworths Free From Gluten White Burger Buns
1 tbsp olive oil
1 small Lebanese cucumber, peeled into ribbons (avoiding the seeded core)
Juice of ½ lime
1 tbsp sriracha mayo, to serve

1 Put a quarter of the chopped prawns in a small bowl and set aside. Put the remaining prawns into the bowl of a small food processor. Add the spring onion, lemongrass, garlic, chilli and coriander. Pulse to a paste. Stir in the reserved chopped prawns and season well with freshly ground black pepper. Use damp hands to form the mixture into two chunky burger patties. Set aside on a plate lined with non-stick baking paper.

2 Heat a large non-stick frying pan over medium heat. Add the buns, cut-side down to the pan and cook for 1-2 minutes each side or until golden. Transfer the buns to a plate. Add the oil to the pan and heat

over medium. Add the prawn patties and cook for 3-4 minutes each side, covering with a lid for the final minute of cooking, until golden and cooked through.

3 Meanwhile, combine the cucumber ribbons and lime juice in a small bowl. Set aside.

4 Spread the mayonnaise over the base of each burger bun. Top with a prawn patty, cucumber pickle and the bun tops. Serve.

NUTRITIONAL INFO

PER SERVE 1240kJ (297Cal), **protein** 5g, **total fat** 14g (sat. fat 2g), **carbs** 32g, **fibre** 9g, **sodium** 700mg • **Carb exchanges** 2 • **GI estimate** high • **Gluten free**



**Spicy rice noodle salad with
hot smoked salmon**
Recipe, page 38





gluten-free

GF

MUSHROOM & BUTTER BEAN TOASTS WITH CRISPY CHORIZO

PREP 20 MINS COOK 30 MINS
SERVES 2 (AS A MAIN)

65g gluten-free chorizo, finely chopped
1 brown onion, finely chopped
150g Swiss brown mushrooms, sliced
400g can butter beans, undrained
2 tbsp chopped flat-leaf parsley, plus a few whole leaves
Juice ½ lemon
2 slices gluten-free sourdough
1 clove garlic

1 Add the chorizo to a deep, medium non-stick frying pan, stirring often, over low heat, for 5 minutes until the chorizo releases its oil and becomes crisp. Use a slotted spoon to transfer the chorizo to a small bowl, leaving the oil in the pan.

2 Add the onion to the frying pan over medium heat. Cook, stirring occasionally, for 8-10 minutes or until the onion softens. Increase heat to high and add the mushrooms. Cook, stirring often, for 6-8 minutes or until golden. Pour in the butter beans along with the liquid from the can and rinse out the can with 50ml water and add this, too. Bring to the boil, then reduce the heat to low and simmer for 2-3 minutes.

3 Use a fork to roughly mash half the butter beans to thicken the sauce. Season well with pepper. Stir in most of the chopped parsley and squeeze in the lemon juice. Remove the pan from the heat.

4 Toast the bread using a toaster or under a hot grill until golden, then rub over the garlic clove. Place one piece of garlic toast on each serving plate. Top with the beans and sprinkle over the chorizo and whole parsley leaves.

NUTRITIONAL INFO

PER SERVE 1360kJ (325Cal), protein 18g, total fat 9g (sat. fat 3g), carbs 40g, fibre 13g, sodium 613mg
• Carb exchanges 2 ½ • GI estimate low • Gluten free

GF

CURRIED VEGIE PILAF

PREP 15 MINS COOK 50 MINS
SERVES 2 (AS A MAIN)

1 tbsp olive oil
1 brown onion, finely chopped
2 cloves garlic, finely chopped
1 zucchini, cut into cubes
½ tsp ground turmeric
1 tsp cumin seeds
2 cardamom pods, bashed (optional)
1 tsp gluten-free curry powder
150g (⅔ cup) basmati rice
75g (½ cup) frozen peas
80g baby spinach leaves
2 tbsp low-fat natural yoghurt, to serve

1 Heat the oil in a medium flameproof casserole dish over medium heat. Add the onion and cook, stirring occasionally, for 8-10 minutes or until golden at the edges. Add the garlic and zucchini and cook, stirring occasionally, for 7-8 minutes or until it starts to turn golden.

2 Add the turmeric, cumin, cardamom pods (if using) and curry powder to the dish. Cook, stirring, for 2 minutes. Rinse the rice (ensure this is done thoroughly, as it will result in fluffier rice), and add it to the dish with the peas. Stir to coat in the spices. Pour in 250ml (1 cup) water. Season with pepper. Cover and bring to the boil. Reduce heat to low and cook, covered, for 20 minutes.

3 Add the spinach (you don't need to stir it in) to the dish. Cover and cook for a further 10 minutes. Stir to mix in the wilted spinach and fluff up the rice. Divide between two serving bowls. Top with the yoghurt and serve.

NUTRITIONAL INFO

PER SERVE 1770kJ (423Cal), protein 12g, total fat 11g (sat. fat 1g), carbs 64g, fibre 8g, sodium 64mg
• Carb exchanges 4 • GI estimate medium
• Gluten free



Curried spring veggie
pilaf
Recipe, opposite



gluten-free

GF

AGLIO E OLIO WITH SUNDRIED TOMATO BREADCRUMBS

PREP 5 MINS COOK 15 MINS

SERVES 2 (AS A MAIN)

- 35g (about 2) sun-dried tomatoes, finely chopped, plus 2½ tbsp of the oil from the jar
- 1 slice gluten-free sourdough, blitzed to breadcrumbs in a food processor
- 100g gluten-free spaghetti
- 3 large cloves garlic, thinly sliced
- ½ small red chilli, finely sliced
- 160g baby spinach leaves
- 1/3 cup finely chopped flat-leaf parsley

1 Heat 1 tbsp of the sundried tomato oil in a medium non-stick frying pan over medium heat. Add the sun-dried tomatoes and cook, stirring, for 1-2 minutes or until sizzling and fragrant. Add the breadcrumbs and cook, stirring, for 4-5 minutes or until golden and crisp. Season with pepper and transfer to a heatproof bowl.

2 Meanwhile, cook the spaghetti in a medium saucepan of boiling water following packet instructions. Drain, reserving a mugful of the water.

3 Heat the remaining sundried tomato oil in the same frying pan over low heat. Add the garlic and chilli and cook, stirring occasionally, for 4-6 minutes or until lightly golden.

4 Tip the cooked spaghetti into the frying pan, along with a splash of the reserved pasta water and the spinach. Mix well to coat the spaghetti and wilt the spinach. Season with pepper.

4 Sprinkle most of the parsley into the pan. Divide the pasta between two serving bowls. Sprinkle over most of the breadcrumbs and the remaining parsley. Serve.

NUTRITIONAL INFO

PER SERVE 2130kJ (510Cal), **protein** 9g, **total fat** 25g (sat. fat 4g), **carbs** 55g, **fibre** 12g, **sodium** 196mg
• Carb exchanges 3½ • GI estimate high • Gluten free

COOK'S TIP

Any leftover breadcrumbs will keep frozen in an airtight container for three months.
The addition of spinach here also contributes to your five-a-day.

GF

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SPICY RICE NOODLE SALAD WITH HOT-SMOKED SALMON

PREP 15 MINS COOK 5 MINS SERVES 2 (AS A MAIN)

- 90g dried rice noodles
- 1 tsp gluten-free soy sauce
- 3cm piece ginger, peeled and finely grated
- Zest and juice of 1 lime
- 2 tsp honey
- ½ cup coriander leaves, roughly chopped, plus a few whole leaves
- 1 red chilli, finely chopped (deseeded, if you like)
- 1 carrot, cut into matchsticks
- 1 small Lebanese cucumber, cut into matchsticks
- 1 spring onion, shredded
- 90g (½ cup) frozen shelled edamame or peas, cooked following packet directions, cooled
- 150g hot-smoked salmon

1 Cook the rice noodles in a small saucepan of boiling water following pack instructions. Rinse under cold running water and set aside. Whisk the soy sauce, ginger, lime juice and zest, honey, coriander and chilli in a large bowl. Season with pepper. Whisk to combine.

2 Add the carrots, cucumbers, spring onion, edamame and cooled noodles to the dressing. Toss well to combine.

3 Divide the noodle salad between two bowls and flake over the salmon. Scatter over a few coriander leaves to serve.

NUTRITIONAL INFO

PER SERVE 2110kJ (505Cal), **protein** 28g, **total fat** 16g (sat. fat 2g), **carbs** 59g, **fibre** 8g, **sodium** 676mg
• Carb exchanges 4 • GI estimate low • Gluten free • Lower carb option

LOWER-CARB OPTION

Replace the rice noodles with 150g Slendier Edamame Bean Fettucine, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1600kJ (383Cal), **protein** 35g, **total fat** 18g (sat. fat 3g), **carbs** 16g, **fibre** 12g, **sodium** 675mg • Carb exchanges 1 • GI estimate low • Gluten free • Lower carb

HOW OUR
FOOD WORKS
FOR YOU
see page 86

This pretty mocktail will make you think you're sitting on a tropical island. Thirst quenched!

TASTE OF

SUMMER

GF LC

PASSIONFRUIT FIZZ

PREP 5 MINS

SERVES 2 (AS A DRINK OR SNACK)

100ml fresh passionfruit pulp
or juice

2½ tbsp fresh lemon juice

1 tbsp elderflower cordial

300ml chilled sparkling water

Ice cubes, to serve

Thin lime wedges, to serve

1 Fill 2 tall glasses with ice cubes. Divide the passionfruit juice and pulp, lemon juice and cordial between the glasses.

2 Pour the soda water into the glasses and stir gently. Add a few lime slices to each glass and serve.

NUTRITIONAL INFO

PER SERVE 213kJ (51Cal),
protein 2g, total fat 0g (sat. fat 0g),

carbs 4g, fibre 9g, sodium 23mg
• Carb exchanges ½ • GI estimate
medium • Gluten free • Lower
carb

COOK'S TIP

Make sure all the ingredients are well chilled before you start. Ideally chill the glasses too.



Get CRACKING

**HOW OUR
FOOD WORKS
FOR YOU**
see page 86

Enjoy the versatility of these pocket-sized protein bombs!
Have them scrambled, baked, boiled and fried in delicious
recipes that are great at any time of the day



Croque Madame
Recipe, page 42

GFO LCO

CROQUE MADAME

PREP 15 MINS **COOK** 15 MINS

SERVES 2 (AS A BREAKFAST)

2 tsp light margarine, plus 1 tsp extra, for frying
1 tbsp wholemeal plain flour or gluten-free flour
125ml (½ cup) skim milk
80g (⅔ cup) grated gruyère
1½ tsp Dijon mustard or gluten-free mustard
4 slices wholemeal sourdough bread or gluten-free bread
50g sliced ham or gluten-free ham
2 x 60g eggs

1 Melt the 2 tsp margarine in a small saucepan over medium heat. Add the flour and cook, stirring, for 2-3 minutes. Stir in the milk, a little at a time, until you have a smooth sauce. Stir in half the gruyère and 1/2 tsp mustard. Season with freshly ground black pepper.

2 Spread the sourdough slices with a thin layer of mustard, top with the rest of the gruyère and the ham and the remaining bread pieces to make sandwiches. Spread the outside of the sandwiches with the extra margarine.

3 Heat a large non-stick frying pan that will hold both the sandwiches over medium heat. Add the sandwiches and cook for 1-2 minutes each side until crisp and golden. Preheat grill to high.

4 Spoon the béchamel sauce over the top of the sandwiches. Put under the hot grill and cook for 1-2 minutes or until golden and bubbling. Spray a small non-stick frying pan with cooking spray. Add the eggs and cook for 2-3 minutes or until cooked to your liking. Top each sandwich with an egg.

NUTRITIONAL INFO

PER SERVE 2080kJ (498Cal), **protein** 35g, **total fat** 21g (sat. fat 10g), **carbs** 38g, **fibre** 6g, **sodium** 1090mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the sourdough with 4 slices lower carb bread, such as Burgen Lower Carb High Protein Sunflower & Linseed Bread.

NUTRITIONAL INFO

PER SERVE 2270kJ (543Cal), **protein** 47g, **total fat** 32g (sat. fat 11g), **carbs** 10g, **fibre** 14g, **sodium** 956mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

GFO

SPICY TIFFIN EGGS

PREP 20 MINS (+ COOLING AND CHILLING)

COOK 30 MINS **SERVES** 6 (AS A BREAKFAST)

7 x 60g eggs
2 tbsp olive oil
1 brown onion, chopped
250g grated carrot
2 tbsp korma curry paste or gluten-free curry paste
200g (1⅓ cups) fresh wholegrain breadcrumbs or gluten-free breadcrumbs
90g (¾ cup) roasted unsalted cashews, finely chopped

1 Put 6 of the eggs in a small saucepan of cold water. Cover and bring to the boil over high heat. Reduce heat to medium-high and simmer for 5 minutes. Transfer to a bowl filled with iced water to cool quickly. Carefully shell the eggs and set aside.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 5 minutes. Add the carrot and cook, stirring often, for 10 minutes or until very soft. Add the curry paste and cook, stirring, for 1 minute. Stir in the breadcrumbs and set aside to cool. Once cool, whisk the remaining egg and stir into the mixture. Season with pepper.

3 Divide the mixture into six and flatten with damp hands, then use to wrap around each egg – the mixture will seal well as you press it together. Roll in the cashews and place in the fridge until ready to cook.

4 Preheat oven to 170°C (fan-forced). Line a tray with non-stick baking paper. Place the eggs on the tray and bake for 15-20 minutes or until light golden. Set aside for 5 minutes to cool slightly. Use a sharp knife to carefully cut each egg in half.

NUTRITIONAL INFO

PER SERVE 1690kJ (404Cal), **protein** 17g, **total fat** 23g (sat. fat 5g), **carbs** 29g, **fibre** 6g, **sodium** 491mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

COOK'S TIP

The eggs can be prepared to the end of step 3 and kept in the fridge until the next day for baking

SERVING SUGGESTION

Serve with $\frac{1}{2}$ cup mango chutney and side salad of 120g mixed leafy greens, an avocado diced and drizzle of lemon juice.

NUTRITIONAL INFO

PER SERVE 2090kJ (500Cal),
protein 18g, **total fat** 27g (sat.
fat 6g), **carbs** 43g, **fibre** 9g,
sodium 680mg • **Carb**
exchanges 3 • **GI estimate**
medium • **Gluten-free option**

Spicy tiffin eggs

Recipe, opposite





Chorizo & fried egg tortillas
Recipe below

GFO LC

CHORIZO & FRIED EGG TORTILLAS

PREP 10 MINS COOK 10 MINS

SERVES 4 (AS A MAIN/BREAKFAST)

- 2 (300g total weight) chorizo sausages or gluten-free chorizo, halved lengthways
- 4 x 60g eggs
- 2 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
- 4 Simson's Pantry Low Carb Tortillas or gluten-free wrap or tortilla
- 4 handfuls rocket
- 1 tbsp drained capers

1 Put the chorizo in a cold non-stick frying pan over a low heat, then gradually increase it to medium-high. Cook, turning often, for 2-3 minutes until cooked through and beginning to crisp.

2 Lift the chorizo out of the pan, leaving behind just enough oil to stop the eggs sticking. Crack the eggs into the pan and fry the way you like them.

3 Spread some mayonnaise over each wrap or flatbread, add a handful of rocket and a few capers. Divide the chorizo and eggs between the wraps or flatbreads, then fold up the end and the two sides. Serve.

NUTRITIONAL INFO

PER SERVE 1770kJ (423Cal), **protein** 32g, **total fat** 25g (sat. fat 10g), **carbs** 10g, **fibre** 8g, **sodium** 1080mg
• **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LCO

INDIAN SCRAMBLED EGGS

PREP 10 MINS COOK 10 MINS

SERVES 4 (AS A BREAKFAST OR BRUNCH)

- 1 tbsp light margarine
- 1 small red onion, finely chopped
- 1 green or red chilli, deseeded and finely chopped
- 2 cloves garlic, crushed
- ¼ tsp ground cumin
- ¼ tsp garam masala
- Good pinch ground turmeric
- 2 large tomatoes, deseeded and finely chopped
- 7 x 60g eggs, lightly whisked
- 1 bunch coriander, roughly chopped
- 4 x 70g wholemeal chapatis, lightly toasted, or gluten-free wrap, to serve

1 Heat a large non-stick frying pan over medium-low heat. Add the margarine, onion, chilli and garlic. Cook, stirring occasionally, for 5 minutes or until the onion starts to soften. Add the cumin, garam masala and turmeric. Cook, stirring, for 1-2 minutes or until aromatic.

2 Add the tomatoes to the pan and cook, stirring, for 1 minute. Pour in the eggs and stir slowly to scramble the eggs as they cook. Remove the pan from the heat while they are still a little runny. Continue stirring off the heat for 1 minute more or until the eggs are just set.

3 Stir the coriander through the eggs and serve with chapatis.

NUTRITIONAL INFO

PER SERVE 1780kJ (426Cal), **protein** 20g, **total fat** 23g (sat. fat 8g), **carbs** 35g, **fibre** 5g, **sodium** 479mg
• **Carb exchanges** 2 ½ • **GI estimate** medium
• **Gluten-free option**

LOWER-CARB OPTION

Replace the chapati with 4 low carb wraps, such as Woolworths Lower Carb Wholemeal Wraps.

NUTRITIONAL INFO

PER SERVE 1250kJ (299Cal), **protein** 24g, **total fat** 14g (sat. fat 5g), **carbs** 12g, **fibre** 13g, **sodium** 387mg • **Carb exchanges** 1 • **GI estimate** medium
• **Lower carb**

EGGCELLENT ADVICE

How do I store eggs?

Keep eggs in their boxes in the fridge. As the shells are porous, keep away from strong-smelling foods that might taint them.

How do I know if my eggs are still fresh?

To test, place your egg in a bowl of water. If it sinks to the bottom and lies flat, then it's good to eat. When an older egg starts to go off, it releases gas into its shell, making the egg less dense. So if it floats, throw it away.



Indian scrambled eggs

Recipe, opposite



Breakfast
egg wraps
Recipe, below

LC

BREAKFAST EGG WRAPS

PREP 5 MINS **COOK** 20 MINS

SERVES 4 (AS A BREAKFAST)

- 1 tbsp olive oil, plus 1 tsp extra
- 500g mushrooms, thickly sliced
- 320g cherry tomatoes, halved, or 8 tomatoes, cut into wedges
- 10 x 60g eggs
- 2 large handfuls flat-leaf parsley, finely chopped
- 8 tbsp rolled oats
- 4 tsp English mustard powder, made up with water

1 Heat the 1 tbsp oil in a medium non-stick frying pan over medium heat. Add the mushrooms and cook, covered, stirring occasionally, for 6-8 minutes or until softened. Stir in the tomatoes and cook, uncovered, for 1-2 minutes or until softened.

2 Crack the eggs into a bowl and add the parsley and oats. Beat together well. Heat the extra 1 teaspoon oil in a large non-stick frying pan over medium heat. Add a quarter of the egg mix and cook for 1 minute or until almost set, then flip as if making a pancake. Tip onto a plate and repeat with the remaining egg mixture to make 4 wraps.

3 Spread each egg wrap with a quarter of the mustard, spoon a quarter of the vegetable filling down the centre and roll up. Serve.

NUTRITIONAL INFO

PER SERVE 1560kJ (373Cal), **protein** 28g, **total fat** 21g (sat. fat 5g), **carbs** 10g, **fibre** 12g, **sodium** 332mg
• Carb exchanges ½ • GI estimate low • Lower carb

GFO LC

MUSHROOM-BAKED EGGS

PREP 15 MINS **COOK** 20 MINS

SERVES 2 (AS A MAIN/BREAKFAST)

- 1 clove garlic
- 1 tbsp olive oil
- 4 large cap mushrooms
- 3 spring onions, chopped
- 6 cherry tomatoes, chopped
- 1 large long red chilli, chopped
- 60g (½ cup) grated reduced-fat cheddar
- ½ avocado, peeled, stoned and finely chopped
- Juice ½ lime
- Small handful coriander leaves, chopped
- 4 x 60g eggs
- Hot sauce or gluten-free hot sauce, to serve (optional)

1 Preheat oven to 180°C (fan-forced). Place a baking tray in the oven to preheat. Squash the garlic clove with the flat of a knife and put in a small bowl. Add 2 tsp of oil and stir well. You just want the garlic to flavour the oil so leave it while you prepare the rest of the ingredients.

2 Pull the stalks from the mushrooms to make a decent cavity.

3 Mix together ⅓ of the spring onions, the cherry tomatoes and chilli in a small bowl along with the grated cheese. Season with pepper.

4 Put the remaining spring onions in a small bowl. Add the avocado, lime juice and coriander. Season with pepper. Stir to combine.

5 Brush the mushrooms all over with the garlicky oil. Place on the preheated tray and cook for 7 minutes. Pour away any liquid and fill the cavities with the cheesy mix. Make a dip in the centre. Crack each egg carefully into the mushrooms.

6 Return the mushrooms to the oven and cook for another 8-10 minutes or until the white has set. Serve 2 mushrooms per person with the avocado mix spooned over and hot sauce on the side, if you like.

NUTRITIONAL INFO

PER SERVE 2000kJ (478Cal), **protein** 33g, **total fat** 33g (sat. fat 10g), **carbs** 3g, **fibre** 10g, **sodium** 505mg • Carb exchanges 0 • GI estimate n/a
• Gluten-free option • Lower carb



Mushroom-baked eggs
Recipe, opposite

HOW OUR
FOOD WORKS
FOR YOU
see page 86

Open Greek-style
salad sandwiches
Recipe, page 50



Fuel your day with these speedy, no-cook recipes that can easily be packed up to eat on the go

NO-COOK meals

Zucchini & corn salad Recipe, page 52



GFO LCO

OPEN GREEK-STYLE SALAD SANDWICHES

PREP 10 MIN SERVES 4 (AS A MAIN MEAL)

- 125g reduced-fat feta
- 120g reduced-fat Greek natural yoghurt
- 2 cloves garlic, finely grated
- 2 tomatoes, deseeded, finely chopped
- 1 large Lebanese cucumber, finely chopped
- 10 pitted black olives, roughly chopped
- ½ red onion, thinly sliced
- 1 tbsp finely chopped mint, plus extra leaves, to serve
- Juice of ½ lemon
- 8 thick slices sourdough bread or gluten-free bread

1 Put the feta, yoghurt and garlic in a small food processor. Process until thick and smooth. Season with pepper and transfer to a small bowl. Cover and keep in the fridge until ready to use.

2 Put the tomatoes, cucumber, olives, red onion, mint and lemon juice in a large bowl. Season with pepper.

3 Spread the whipped feta over the sourdough slices and pile the salad on top. Sprinkle over the remaining mint leaves and serve.

NUTRITIONAL INFO

PER SERVE 1390kJ (332Cal), **protein** 19g, **total fat** 8g (sat. fat 4g), **carbs** 41g, **fibre** 5g, **sodium** 810mg • **Carb exchanges** 2 ½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the sourdough with 8 slices of lower carb bread, such as Burgen Lower Carb High Protein Sunflower & Linseed Bread.

NUTRITIONAL INFO

PER SERVE 1540kJ (368Cal), **protein** 33g, **total fat** 18g (sat. fat 5g), **carbs** 9g, **fibre** 15g, **sodium** 654mg • **Carb exchanges** ½ • **GI estimate** low • **Lower carb**

GFO LC

LENTIL & TUNA SALAD

PREP 15 MINS SERVES 4 (AS A MAIN MEAL)

- 2 tbsp sherry vinegar
- 1 tsp Dijon mustard or gluten-free mustard
- 2 cloves garlic, finely grated
- 2½ tbsp olive oil
- 2 x 400g can no-added-salt brown lentils, rinsed and drained
- 2 x 185g cans tuna in spring water, drained and flaked
- 16 cherry tomatoes, halved
- 2 ready-roasted peppers in vinegar, drained, chopped
- Handful flat-leaf parsley, finely chopped
- ½ bunch chives, finely chopped, plus extra, to serve

1 Put the vinegar, mustard and garlic in a small bowl. Slowly drizzle in the oil, whisking as you go, until emulsified. Season with pepper.

2 Put the lentils, tuna, tomatoes, peppers and parsley in a large bowl. Toss to combine. Pour the dressing over and toss again.

3 Place the salad on a serving platter. Sprinkle with the chives and serve.

NUTRITIONAL INFO

PER SERVE 1360kJ (325Cal), **protein** 28g, **total fat** 13g (sat. fat 2g), **carbs** 20g, **fibre** 7g, **sodium** 320mg • **Carb exchanges** 1 ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



Lentil & tuna salad Recipe, opposite

GF

ZUCCHINI & CORN SALAD

PREP 10 MINS **SERVES** 2 (AS A MAIN MEAL)

Zest and juice 1 lemon
 1 tbsp olive oil
 2 tsp honey
 1 cup flat-leaf parsley leaves, finely chopped
 2 zucchini, peeled into long ribbons using a vegetable peeler
 420g can no-added-salt chickpeas, drained and rinsed
 125g can corn kernels, rinsed and drained
 80g reduced-fat feta
 2 tsp mixed seeds
 2 spring onions, finely chopped

1 Put the lemon zest and juice, oil, honey and most of the parsley together in a bowl. Season with pepper.

2 Put the zucchini ribbons, chickpeas and corn in a large bowl. Pour over the dressing. Toss together and set aside for 5 minutes to marinate. Crumble in the feta and give the salad a final light toss. Season with black pepper.

3 Divide the salad between plates. Scatter over the remaining parsley and sprinkle over the mixed seeds and spring onions. Serve.

NUTRITIONAL INFO

PER SERVE 1820kJ (435Cal), **protein** 22g, **total fat** 19g (sat. fat 6g), **carbs** 35g, **fibre** 10g, **sodium** 560mg
 • Carb exchanges 2 ½ • GI estimate low • Gluten free

GFO

CHICKEN, MANGO & NOODLE SALAD

PREP 15 MINS (+ 15 MINS STANDING)**SERVES** 4 (AS A MAIN)

200g vermicelli rice noodles or gluten-free vermicelli rice noodles
 2 limes, juiced, plus wedges, to serve (optional)
 1 tbsp fish sauce or gluten-free fish sauce
 5 tsp honey
 1 tbsp sesame oil
 320g leftover cooked skinless chicken breast fillet, shredded
 2 ripe mangoes, cheeks cut off, skin removed, sliced
 1 cup coriander leaves, roughly chopped
 2 long red chillies, seeds removed, thinly sliced

1 Put the noodles in a heatproof bowl. Cover with boiling water and set aside for 15 minutes to allow the noodles to soften.

2 Meanwhile, combine the lime juice, fish sauce, honey and sesame oil in a small bowl.

3 Drain and rinse the noodles briefly under cold water. Drain again and tip into a large bowl. Add the chicken, mango, coriander and chilli. Toss to combine. Add the dressing and toss to coat.

4 Divide the salad between serving plates. Serve with the lime wedges on the side, to squeeze over, if you like.

NUTRITIONAL INFO

PER SERVE 1600kJ (383Cal), **protein** 26g, **total fat** 9g (sat. fat 2g), **carbs** 48g, **fibre** 5g, **sodium** 540mg
 • Carb exchanges 3 • GI estimate low • Gluten-free option



Chicken, mango & noodle salad Recipe, opposite





Corn has been around for millenia and remains popular due to its sweet flavour and versatility

PANTRY HERO corn

HOW OUR
FOOD WORKS
FOR YOU
see page 86

GFO

CHORIZO AND CORN RISONI

PREP 10 MINS **COOK** 25 MINS

SERVES 2 (AS A MAIN)

- 1 tsp olive oil
- 1 bunch spring onions, sliced,
green and white parts separated
- 1 red capsicum, cut into small
cubes
- 50g chorizo or gluten-free chorizo,
cut into small cubes
- 1 clove garlic, crushed
- 75g risoni or small pasta or gluten
free pasta
- ½ tsp smoked paprika
- ½ x 420g can no-added-salt corn,
drained
- 1 large tomato, chopped
- 350ml salt-reduced chicken or
vegetable stock or gluten-free
stock
- ½ small bunch flat-leaf parsley,
chopped
- Zest & juice ½ lemon

1 Heat the oil a large, deep non-stick frying pan over medium heat. Add the white parts of the spring onions, capsicum and chorizo. Cook, stirring often, for 8 minutes or until the capsicum is soft and the chorizo is just golden.

2 Add the garlic, risoni, paprika, corn and tomato to the pan. Cook, stirring, for 2-3 minutes. Pour in the stock. Cover and bring to a simmer

over high heat. Reduce heat to medium and simmer, stirring often, for 8-10 minutes or until the risoni is tender.

3 Stir the parsley, green parts of the spring onions and lemon juice and zest into the stew. Serve.

NUTRITIONAL INFO

PER SERVE 1430kJ (342Cal),
protein 15g, total fat 10g (sat. fat
3g), carbs 42g, fibre 8g, sodium
760mg • Carb exchanges 3 • GI
estimate low • Gluten-free option



GF LC

MEXICAN CORN SALAD

PREP 15 MINS **SERVES** 6 (AS A SIDE)

- 2 x 420g cans no-added-salt corn kernels, rinsed and drained
- 1 red onion, finely chopped
- 2 large tomatoes, deseeded, finely chopped
- ½ bunch coriander, roughly chopped

DRESSING

- Juice of 2 limes
- 4 tbsp extra virgin olive oil
- 2 tsp honey

- 1 Put the corn, onion, tomatoes and coriander in a large bowl. Toss to combine.
- 2 To make the dressing, whisk all the ingredients in a small bowl. Season with pepper.
- 3 Pour the dressing over the corn salad and toss to coat. Cover and keep in the fridge until ready to serve.

NUTRITIONAL INFO

PER SERVE 700kJ (167Cal), **protein** 2g, **total fat** 13g (sat. fat 2g), **carbs** 9g, **fibre** 3g, **sodium** 15mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF LCO

CURRIED CORN WITH COD & PRAWNS

PREP 10 MINS **COOK** 45 MINS **SERVES** 4 (AS A MAIN)

- 1 x 420g can no-added-salt corn kernels, rinsed and drained
- 1 tbsp olive oil
- 1 brown onion, finely sliced
- 1 clove garlic, crushed
- 4cm piece ginger, peeled, finely grated
- 1 tsp ground cumin
- 1 tsp ground coriander
- ¼ tsp ground chillies
- 2 tsp ground turmeric
- 400g can light coconut milk
- 400g can cherry tomatoes in juice
- 4 x 120g blue eye cod fillets
- 300g raw green prawns, peeled and deveined
- Small handful coriander leaves, to serve
- 140g (¾ cup) basmati rice, cooked following packet instructions, to serve
- Lime wedges, to serve

1 Preheat oven to 180°C (fan-forced).

2 Heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until the onion is golden and starts to caramelise. Add the garlic, ginger, cumin, ground coriander, chilli and turmeric. Cook, stirring for 2 minutes.

3 Add the coconut milk and canned tomatoes to the pan. Bring to a simmer. Arrange the fish pieces in a large roasting tin or casserole dish. Pour the spiced coconut and tomato mixture around the fish. Add the corn and prawns. Bake for 18-20 minutes or until the fish is tender.

4 Sprinkle over the fresh coriander and chillies. Serve with the rice and lime wedges on the side, for squeezing over.

NUTRITIONAL INFO

PER SERVE 1850kJ (443Cal), **protein** 30g, **total fat** 15g (sat. fat 8g), **carbs** 43g, **fibre** 5g, **sodium** 144mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten free**

Curried corn with cod
& prawns

Recipe, opposite



**LOWER-CARB
OPTION**

Replace the basmati rice with 4 cups (500g) cauliflower & broccoli rice, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1430kJ
(342Cal), **protein** 30g,
total fat 15g (sat. fat 8g),
carbs 17g, **fibre** 8g,
sodium 167mg • Carb
exchanges 1 • GI
estimate low • Gluten
free • Lower carb



GFO LC

CREAMY CHICKEN & CORN SOUP

PREP 25 MINS **COOK** 50 MINS **SERVES** 4 (AS A MAIN)

- 1 tbsp olive oil
- 1 celery stick, finely chopped
- 1 leek, finely sliced
- 300ml salt-reduced chicken stock or gluten-free stock
- 1 x 420g can no-added-salt corn kernels, rinsed and drained
- 200g baby spinach leaves or kale, finely sliced
- Small bunch chives, finely snipped

CHICKEN BASE

- 1 tbsp light margarine
- 1 tbsp plain flour or gluten-free flour
- 250ml (1 cup) skim milk
- 1 tsp olive oil
- 250g skinless chicken thigh fillets, trimmed of fat, cut into cubes
- 125g skinless chicken breast, trimmed of fat, cut into cubes
- 1/3 brown onion, very finely chopped (optional)

1 To make base, melt the margarine in a medium saucepan over medium heat. Add the flour and cook, stirring, for 2 minutes or until the flour starts to turn

light golden. Remove the pan from the heat and gradually whisk in the milk, a little at a time until smooth. Bring the sauce to a simmer. Cook, stirring, for 2-3 minutes or until the sauce thickens, it will be very thick. Reduce heat to low and simmer, stirring often, for 5 minutes.

2 Meanwhile, heat the oil in a medium non-stick frying pan over medium-high heat. Add the chicken and cook, stirring often, for 2-3 minutes or until the chicken is lightly browned. Transfer to a plate. Add the onion to the frying pan and cook, stirring occasionally, for 6-7 minutes or until the onion softens.

3 Add the chicken and any juices and the onion to the white sauce. Fold it in and cook the mixture for a further 15 minutes or until the chicken is cooked through. (See Cook's tip)

4 Heat oil in a large saucepan over medium heat. Add the celery and leek and cook, stirring often, for 6-7 minutes or until the vegetables soften. Add the chicken base and stock and stir to combine. Increase heat to medium and bring to a simmer.

5 Add the corn to the pan and cook for 5 minutes. Stir in the spinach. Cook, stirring, for 1 minute. Sprinkle over the chives and serve.

NUTRITIONAL INFO

PER SERVE 1270kJ (304Cal), **protein** 26g, **total fat** 12g (sat. fat 3g), **carbs** 20g, **fibre** 5g, **sodium** 357mg • **Carb exchanges** 1 1/2 • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

If you're making the base ahead of time, you can leave it to cool at this stage then freeze in an airtight container for up to a month. (Defrost fully before using in step 4.)

GF LC

SMASHED CHICKEN WITH CORN SLAW**PREP** 10 MINS **COOK** 10 MINS **SERVES** 4 (AS A MAIN)

4 x 125g skinless chicken breast fillets, trimmed of fat

Zest and juice 1 lime

2 tbsp Greek-style natural yoghurt

1 tsp thyme leaves

¼ tsp ground turmeric

2 tbsp finely chopped coriander

1 clove garlic, finely grated or chopped

1 tsp olive oil

SLAW

1 small avocado

Zest and juice 1 lime

2 tbsp Greek-style natural yoghurt

420g can no-added-salt corn kernels, rinsed and drained

1 red capsicum, chopped

1 red onion, halved, finely sliced

320g (2¾ cups) finely shredded white cabbage

150g Zerella Baby Spud Lite Potatoes, halved, steamed, to serve

1 Use a sharp knife to cut the chicken breasts in half through the middle. Place them between two sheets of non-stick baking paper. Use a rolling pin to flatten. Combine the lime zest and juice, yoghurt, thyme, turmeric, coriander and garlic in a large bowl. Add the chicken and stir until well coated. Set aside to marinate.

2 To make the slaw, put the avocado flesh in a large bowl. Use a fork to mash until smooth. Stir in the lime zest and juice, yoghurt and coriander. Add the corn, capsicum, onion and cabbage. Stir well to combine.

3 Heat a large non-stick frying pan or chargill pan over medium-high heat. Add the chicken and cook for 2-3 minutes each side or until cooked.

4 Divide the chicken, slaw and potatoes between serving plates. Serve.

NUTRITIONAL INFO

PER SERVE 1390kJ (333Cal), **protein** 34g, **total fat** 12g (sat. fat 3g), **carbs** 17g, **fibre** 9g, **sodium** 93mg
 • Carb exchanges 1 • GI estimate low • Gluten free • Lower carb

COOK'S TIP

If you are cooking for two, simply chill half the uncooked marinated chicken for another day and pack up half the slaw and store in the fridge.



THE GRILLS OF SUMMER

Make fresh seasonal produce like zucchini and sweet potato the stars of your next barbecue with these simple, low-cost recipes

HOW OUR
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see page 86

Paprika buttermilk chicken & zucchini skewers, Recipe, page 62



barbecue

Baked sweet potatoes with tahini & flaked almonds, Recipe, page 62

Wedge salad with soy seeds & quick-pickled dill cucumbers, Recipe, page 64

NUTRITIONAL INFO WHOLE MENU:

PER SERVE 2660kJ (636Cal),
protein 46g, total fat 32g (sat.
fat 7g), carbs 34g, fibre 13g,
sodium 484mg • Carb
exchanges 2 • GI estimate
low • Gluten-free option

barbecue

GF

BAKED SWEET POTATOES WITH TAHINI & FLAKED ALMONDS

PREP 5 MINS COOK 40 MINS

SERVES 4 (AS A SIDE)

4 (150g each) orange sweet potato, washed, dried
1 tbsp fresh lemon juice
2 tbsp tahini
30g light margarine
Handful coriander leaves, roughly chopped
2½ tbsp flaked almonds, toasted (see Cook's tip)

1 Preheat a covered barbecue grill on medium. Tightly wrap each sweet potato in foil and place on the barbecue. Cook for 40 minutes or until the sweet potato is tender when pierced with a fork.

2 Meanwhile, combine the lemon juice and tahini in a small bowl. Whisk until you have a stiff paste. Whisk in 4-5 tbsp cold water, a tablespoon at a time, until the sauce is the consistency of double cream.

3 When the potatoes are ready, slice open and top with the margarine. Transfer to serving dishes and spoon over the tahini sauce. Top with the coriander and flaked almonds.

NUTRITIONAL INFO

PER SERVE 1010kJ (242Cal), **protein** 6g, **total fat** 13g (sat. fat 2g), **carbs** 22g, **fibre** 6g, **sodium** 54mg • **Carb exchanges** 1½
• **GI estimate** low • **Gluten free**

GF

LC

PAPRIKA BUTTERMILK CHICKEN & ZUCCHINI SKEWERS

PREP 30 MINS (2 HOURS MARINATING)

COOK 15 MINS SERVES 4 (AS PART OF A MAIN)

200ml buttermilk
1¼ tsp smoked paprika
Pinch chilli flakes
600g skinless chicken thigh fillets, trimmed of fat, cut into chunks
2 zucchini, trimmed, peeled into long ribbons using a vegetable peeler
Juice of ½ lemon
4 metal skewers (or soak wooden skewers in water for 30 minutes before using)

1 Combine 150ml of the buttermilk with 1 tsp of the paprika and chilli flakes in a shallow dish. Add the chicken pieces and turn to coat. Place in the fridge for 2 hours, or overnight to marinate.

2 Meanwhile, combine the remaining 50ml buttermilk and paprika with the lemon juice in a small bowl or jug. Set aside. Preheat barbecue grill or plate on medium.

3 Alternately thread the chicken and zucchini ribbons, folding them in a concertina effect onto the skewers – each skewer should have a quarter of the chicken on it.

4 Cook the skewers on the barbecue for 10-15 minutes, turning regularly to ensure they char but don't burn. The skewers are ready when the meat is firm to the touch. Transfer the skewers to a platter and brush or spoon over the buttermilk dressing to serve.

NUTRITIONAL INFO

PER SERVE 957kJ (229Cal), **protein** 31g, **total fat** 9g (sat. fat 3g), **carbs** 5g, **fibre** 2g, **sodium** 127mg • **Carb exchanges** ½
• **GI estimate** low • **Gluten free** • **Lower carb**

COOK'S TIP

If you want to cook the skewers inside, you can cook on a chargrill pan or place the skewers on a baking tray and cook under a medium grill for 15-20 minutes, turning occasionally, or until cooked through.



Paprika buttermilk chicken & zucchini skewers, Recipe opposite

barbecue

GFO LC

WEDGE SALAD WITH SOY SEEDS & QUICK-PICKLED DILL CUCUMBERS

PREP 15 MINS (+ 50 MINS PICKLING)
COOK 5 MINS **SERVES** 4 (AS A SIDE)

80ml (1/3 cup) white wine vinegar
1 tbsp caster sugar
1/4 tsp ground turmeric
1 tsp finely chopped dill
1 large Lebanese cucumber, thinly sliced into 1-2mm-thick rounds
1 iceberg lettuce, halved through the core, each half cut into wedges

SEEDS

75g (1/2 cup) mixed seeds
1 tsp caster sugar
1 tbsp salt-reduced soy sauce or gluten-free soy sauce

DRESSING

100ml buttermilk
3 tbsp reduced-fat Greek-style yoghurt
1/2 tsp Dijon mustard or gluten-free mustard
1 small clove garlic, finely grated
1 tbsp finely chopped dill
2 tbsp liquid from the quick-pickled cucumbers (see above)

1 Put the vinegar, sugar, turmeric, dill and 1/2 tsp sea salt in a medium non-reactive bowl, whisking to dissolve the sugar and salt. Add the cucumber slices and mix well. Set aside for 10 minutes to pickle. Check the cucumber slices are still submerged, and if not, weigh down with a plate. Leave to continue pickling for a further 30 minutes.

2 Put the seeds in a small, dry, heavy-based non-stick frying pan over medium heat. Cook, shaking the pan often, for 4-5 minutes, or until the seeds begin to colour and pop. Add the sugar and stir. Turn off the heat and stir in the soy sauce. Mix well and pour onto a large plate to cool. Break up any clumps using a fork and store in an airtight container until needed.

3 To make the dressing, combine all the ingredients in a bowl or jug. Season with pepper.

4 Arrange the lettuce wedges in a serving bowl and spoon over half the dressing. Scatter over the pickled cucumbers, then spoon over the rest of the dressing and the seeds. Serve.

NUTRITIONAL INFO

PER SERVE 699kJ (167Cal), **protein** 9g, **total fat** 10g (sat. fat 2g), **carbs** 7g, **fibre** 5g, **sodium** 303mg • **Carb exchanges** 1/2 • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

The seed mixture will keep in an airtight container for up to 1 week.

COOK'S TIP

If you don't have a covered barbecue you can microwave the sweet potato for about 6-8 minutes (just poke with skewer first and don't wrap in foil – place directly on the microwave plate). Wrap in foil and finish on the barbecue grill for 5-10 minutes before serving. This will crisp the skin and impart a smoky flavour.

To toast the almonds, put in a small non-stick frying pan and cook, stirring occasionally, for 4-5 minutes or until lightly toasted.



GFO

SPICY BEAN & AVOCADO QUESADILLAS**PREP** 10 MINS **COOK** 15 MINS **SERVES** 2 (AS A MAIN)

- 1 small red onion, halved and thinly sliced
- 1 lime, ½ juiced, ½ cut into wedges, to serve
- 2 tsp olive oil
- 1 large clove garlic, finely grated
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 420g can no-added-salt black beans, undrained
- 1 tomato, chopped
- 1 tbsp tomato paste
- 1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
- 2 (40g each) Old El Paso Wholegrain Tortillas or gluten-free tortillas
- 1 avocado, peeled, stoned, halved and sliced
- 2 tbsp chopped coriander, plus a few sprigs, to serve
- 1 Combine half the onion with the

lime juice in a non-metallic bowl and set aside to pickle.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the remaining onion and cook, stirring occasionally, for 5-6 minutes or until it starts to soften. Add the garlic, paprika and cumin. Cook, stirring, for 30 seconds. Tip in the beans along with the liquid from the can. Stir in the chopped tomatoes, tomato paste and stock powder. Reduce heat to low and cook, stirring often, for 8 minutes or until the beans soften and the liquid reduces. Use a fork to mash the beans roughly to break some of them down and thicken the mixture.

3 Spray a large non-stick frying pan with cooking spray and heat over medium heat. Add one tortilla to the pan. Spread over the bean

mixture, then reduce heat to low. Cook for 2 minutes or until the tortilla is crisp and golden.

4 Meanwhile, combine the avocado, coriander and pickled onions together in a bowl.

5 Scatter the avocado mixture over the bean mixture. Press the other tortilla on top, tucking the edges in to enclose the filling. Carefully flip over using a wide spatula and cook for a further 2 minutes or until crisp. Slide onto a plate and cut into triangles. Serve with the lime wedges for squeezing over, and top with coriander sprigs, if you like.

NUTRITIONAL INFO

PER SERVE 1810kJ (433Cal),
protein 17g, **total fat** 16g (sat. fat 3g), **carbs** 47g, **fibre** 15g, **sodium** 540mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

**HOW OUR
FOOD WORKS
FOR YOU**
see page 86

This Mexican-inspired
midday meal is ready in
less than 30 minutes

JUST IN QUESADILLA!

Super SALMON

This oily fish is a rich source of protein and omega-3 fatty acids which can lower blood pressure and reduce inflammation. There are lots of ways to include it in your diet!

HOW OUR
FOOD WORKS
FOR YOU
see page 86



Grilled salmon tacos with avocado salsa, *Recipe, page 68*

Salmon & spinach tart, Recipe, page 70



GF LC

GRILLED SALMON TACOS WITH AVOCADO SALSA

PREP 20 MINS COOK 15 MINS

SERVES 4 (AS A MAIN)

- 1 tbsp smoked paprika
- 2 tsp ground cumin
- 4 x 120g skinless and boneless salmon fillets
- 200g natural yoghurt
- 1 clove garlic, crushed
- 2 ripe small avocados, stoned, peeled and finely chopped
- 1 red onion, finely chopped
- 2 large tomatoes, deseeded and finely chopped
- 2 limes, 1 juiced and 1 cut into wedges
- 1 bunch coriander, roughly chopped
- 8 taco shells, heated following packet instructions

1 Preheat grill to high. Line a large baking tray with foil. Mix the smoked paprika and cumin in a small bowl. Rub the spices over the salmon fillets and put them on the baking tray. Put under the grill and cook for 8-10 minutes or until cooked through.

2 Meanwhile, combine the yoghurt and garlic in a small bowl. Season with freshly ground black pepper. Combine the avocado, onion and tomatoes in a separate bowl. Add the lime juice. Add the coriander and season with freshly ground black pepper. Toss to combine.

3 Flake the salmon into a serving dish and serve with the taco shells, avocado salsa, yoghurt and lime wedges on the side.

NUTRITIONAL INFO

PER SERVE 2090kJ (500Cal), **protein** 33g, **total fat** 29g (sat. fat 8g), **carbs** 22g, **fibre** 10g, **sodium** 209mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

GF0 LCO

CREAMY PENNE WITH SALMON & CAPERS

PREP 10 MINS COOK 15 MINS

SERVES 4 (AS A MAIN)

- 300g dried wholemeal penne or gluten-free pasta
- 2 x 120g skinless and boneless salmon fillets
- 100g (⅔ cup) frozen peas
- 75g reduced-fat cream cheese
- 50g (⅓ cup) drained capers
- Zest and juice ½ lemon
- ½ bunch dill, chopped

1 Bring a large saucepan of water to the boil. Add the pasta and cook following packet directions or until al dente. Drain well.

2 Meanwhile, season the salmon fillets with freshly ground black pepper. Put the salmon in a steamer on top of the pasta and cook, covered, for the final 5-7 minutes. (Alternatively, cook the salmon in the microwave on High/100%, covered, for 2 minutes. Add the frozen peas to the pasta for the final minute of cooking.

3 Drain the pasta and peas, reserving a splash of the water in the pan. Return the pasta and peas to the pan. Stir in the cream cheese, capers, lemon zest and juice, and dill, combining with the pasta and peas. Flake the salmon into large chunks and stir through the pasta. Serve with plenty of freshly ground black pepper.

NUTRITIONAL INFO

PER SERVE 1850kJ (443Cal), **protein** 26g, **total fat** 14g (sat. fat 6g), **carbs** 48g, **fibre** 10g, **sodium** 372mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the wholemeal pasta with 300g Atkins Penne Pasta, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1850kJ (443Cal), **protein** 54g, **total fat** 14g (sat. fat 7g), **carbs** 20g, **fibre** 12g, **sodium** 401mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

Creamy penne with salmon & capers, Recipe opposite



GFO LC

SALMON & SPINACH TART

PREP 15 MINS COOK 20 MINS

SERVES 4 (AS A MAIN)

- 1 sheet frozen reduced-fat puff pastry, or gluten-free pastry, thawed
- 1 egg yolk (from 60g egg), lightly whisked, to glaze
- 2 x 120g skinless and boneless salmon fillets
- 3 tbsp light sour cream
- 1 tbsp wholegrain mustard or gluten-free mustard
- 60g baby spinach leaves

SALAD

- 120g mixed salad leaves
- 1 avocado, sliced or chopped
- 100g snow peas, trimmed
- 1 small yellow capsicum, thinly sliced
- Balsamic vinegar, to drizzle

1 Preheat oven to 180°C (fan-forced). Line a large baking tray with non-stick baking paper. Place pastry on the lined tray and use a sharp knife to score a border 1cm from the edge. Prick the middle area all over with a fork and glaze the border with the egg yolk. Bake for 15 minutes or until puffed up and almost cooked.

2 Meanwhile, put the salmon fillets in a microwave-safe dish and cover with plastic wrap. Cook in the microwave on High/100% for 2 minutes until just cooked. Set aside to cool for 1-2 minutes. Flake into chunky pieces. Mix the sour cream and mustard in a bowl. Season with freshly ground black pepper.

3 Take the pastry out of the oven and flatten with the back of a spoon. Cover the base with the sour cream mixture. Scatter over the spinach and salmon flakes. Bake for 5 minutes or until the pastry is golden.

4 Meanwhile, to make the salad, toss all the ingredients in a serving bowl (apart from the vinegar). Drizzle with the vinegar just before serving.

5 Serve the tart with the salad.

NUTRITIONAL INFO

PER SERVE 1610kJ (385Cal), **protein** 20g, **total fat** 22g (sat. fat 8g), **carbs** 23g, **fibre** 6g, **sodium** 312mg
• Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb

GFO LC

LEMON & BLACK PEPPER CRUSTED SALMON

PREP 10 MINS COOK 15 MINS

SERVES 4 (AS A MAIN)

- 500g baby Zerella Spud Lite Potatoes
- ½ lemon, zested and cut into wedges
- 4 tbsp fresh white breadcrumbs or gluten-free breadcrumbs
- 25g light margarine, melted, plus 2 tsp extra, for the potatoes
- 1½ tsp coarsely ground peppercorns
- 4 (120g each) skinless and boneless salmon fillets
- Few thyme sprigs, leaves only
- 580g broccoli florets, steamed, to serve

1 Preheat oven to 180°C (fan-forced). Line a large roasting tin with non-stick baking paper. Put the potatoes in a medium saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Reduce heat to medium-high and cook, uncovered, for 15 minutes or until just tender. Drain.

2 Meanwhile, combine the lemon zest, breadcrumbs, 25g margarine and the peppercorns in a bowl. Put the salmon fillets in the lined tin and sprinkle 1 tbsp of breadcrumbs on each fillet. Put the lemon wedges in the tin and bake for 8-10 minutes or until the salmon is cooked and the crumb is golden and crunchy.

3 Drain the potatoes and crush lightly with a potato masher. Add extra margarine and stir through. Season with pepper and scatter with the thyme. Serve the salmon with the potatoes and broccoli.

NUTRITIONAL INFO

PER SERVE 1750kJ (419Cal), **protein** 34g, **total fat** 19g (sat. fat 6g), **carbs** 23g, **fibre** 7g, **sodium** 204mg
• Carb exchanges 1½ • GI estimate medium
• Gluten-free option • Lower carb

Lemon & black pepper
crusted salmon
Recipe, opposite



afternoon DELIGHTS

Date, chocolate &
sweet potato cake
Recipe, page 74



COOK'S TIP

Keep the cake in the fridge for
up to 5 days.

baking

These delightful baked treats are deceptively healthy. In each one you'll find nutritious ingredients replacing the refined sugars more commonly found in desserts and snacks, so you can serve them up without a worry!

COOK'S TIP

Keep the berry slice in an airtight container in the fridge for up to 4 days.

Banana berry traybake Recipe, page 74

DATE, CHOCOLATE & SWEET POTATO CAKE

PREP 20 MINS (+ 30 MINS SOAKING)

COOK 1 HOUR 30 MINS

SERVES 18 (AS A SNACK OR DESSERT)

300g orange sweet potato
250g dried dates
80ml (1/3 cup) olive oil
350ml almond milk
1 1/2 tbsp cider vinegar
350g wholemeal self-raising flour
50g (1/2 cup) cocoa powder
1 tsp bicarbonate of soda
1 tsp vanilla extract
150g dark chocolate, roughly chopped, plus 10g extra, grated, to serve

Zest and juice of 1 orange

1 Preheat oven to 170°C (fan-forced). Line a baking tray with non-stick baking paper. Pierce the sweet potatoes all over with a fine skewer and place on the lined tray. Bake for 1 hour or until very soft. Set aside to cool completely.

2 Meanwhile, put the dates in a medium heatproof bowl and cover with just boiled water. Set aside to soak for 30 minutes. Drain, reserving 2 tbsp of the soaking water. Put the dates and reserved water in a food processor. Process until smooth.

3 Spray the base and sides of 2 x 20cm loose-bottomed cake tins with cooking spray. Line the base and sides with non-stick baking paper. Pour the milk into a jug and stir in the vinegar. Set aside. Sift the flour, cocoa powder and bicarbonate of soda into a large bowl. Make a well in the centre and add the puréed dates, almond milk, remaining oil and vanilla. Mix until smooth.

4 Divide the cake batter between the lined tins and smooth the surface. Bake for 25-30 minutes or until a skewer inserted into the

middle comes out clean. Leave in the tins for 10 minutes before carefully turning out onto wire racks to cool completely.

5 Scrape the sweet potato flesh into a medium saucepan. Add the chocolate and cook, stirring, over low heat until the chocolate melts and the mixture is fairly smooth. Transfer to a food processor while still warm. Add the orange zest and juice. Process for 2 minutes or until completely smooth. If the mixture looks too thick, add 1-2 tbsp boiled water and beat again until smooth. Set aside to cool.

6 Spread the chocolate mixture all over the top and sides of the cake. Sprinkle with the extra grated chocolate and serve.

NUTRITIONAL INFO

PER SERVE 950kJ (227Cal), **protein** 4g, **total fat** 10g (sat. fat 4g), **carbs** 30g, **fibre** 5g, **sodium** 216mg • **Carb exchanges** 2 • **GI estimate** medium

BANANA BERRY TRAYBAKE

PREP 15 MINS **COOK** 40 MINS

SERVES 18 (AS A SNACK OR DESSERT)

4 (380g) ripe bananas
120g silken tofu
125ml (1/2 cup) olive oil
125ml (1/2 cup) sugar-free maple syrup, plus 1 tbsp extra
60ml (1/4 cup) almond milk
1 tsp vanilla extract
300g wholemeal spelt flour
2 tsp baking powder
1/4 tsp bicarbonate of soda
1 tsp mixed spice
175g frozen mixed berries

1 Preheat oven to 150°C (fan-forced). Line a 25cm x 20cm tin with non-stick baking paper, allowing the paper to overhang the sides. Put the banana in a large bowl and

use a fork to mash until smooth. Put the tofu in a separate bowl. Use a handheld blender to blend until smooth.

2 Add the oil, 125ml (1/2 cup) maple syrup, almond milk, vanilla extract and tofu to the banana. Mix to combine. Put the flour, baking powder, bicarbonate of soda and mixed spice in a separate bowl. Mix to combine. Add the dry ingredients to the wet ingredients and mix until just combined (don't overmix).

3 Pour the batter into the lined tin and smooth the surface. Sprinkle over the berries. Bake for 40 minutes or until springy to the touch. Remove from the oven. While the cake is still hot brush the remaining maple syrup over the top. Set aside on a wire rack to cool. Use the paper to lift the cake out of the tin. Cut into 18 pieces.

NUTRITIONAL INFO

PER SERVE 618kJ (148Cal), **protein** 3g, **total fat** 7g (sat. fat 1g), **carbs** 17g, **fibre** 3g, **sodium** 56mg • **Carb exchanges** 1 • **GI estimate** medium

TROPICAL CRUMBLE MUFFINS

PREP 15 MINS **COOK** 20 MINS

MAKES 12 (1 PER SERVE; AS A SNACK OR DESSERT)

275g wholemeal plain flour
90g (1 cup) rolled oats
30g (1/3 cup) flaked coconut
70ml sugar-free maple syrup
1 tbsp ground flaxseeds
2 ripe bananas
150ml light coconut milk
2 tsp baking powder
1/2 tsp bicarbonate of soda
1/4 tsp ground cardamom
1/2 tsp ground cinnamon
225g can pineapple in juice, drained and chopped

1 Preheat oven to 170°C (fan-forced). Line 12 x 80ml (1/3 cup) muffin tins with paper cases.

2 Tip 25g (2½ tbsp) of the flour, 20g (3 tbsp) of the oats and all the coconut flakes in a large bowl. Stir to combine. Add half the maple syrup and stir with a fork until well combined. Set aside (this is the crumble topping)

3 To make the flax egg, combine the flaxseeds with 3 tbsp water in a small bowl. Set aside for 5 minutes or until thickened. Put the banana in a medium bowl and use a fork to mash until smooth. Add the flax egg, coconut milk and the remaining maple syrup.

4 Put the remaining flour, oats, baking powder, bicarbonate of soda, cardamom and cinnamon in a large bowl. Stir well. Pour the wet ingredients into the dry ingredients and stir until just combined. Fold in the pineapple pieces.

5 Divide the muffin mix between the paper cases. Sprinkle over the crumble topping. Bake for 20 minutes or until a fine skewer or toothpick inserted into the centre of a muffin comes out clean. Set aside in the tins for 5 minutes before transferring to a wire rack to cool completely.

NUTRITIONAL INFO

PER SERVE 654kJ (156Cal), **protein** 4g, **total fat** 4g (sat. fat 2g), **carbs** 22g, **fibre** 5g, **sodium** 109mg • **Carb exchanges** 1½ • **GI estimate** medium

LEAN & green



Zucchini &
cauliflower
yellow curry
Recipe, page 78

**Rich in nutrients and antioxidants, this versatile vegie can be eaten
raw in salads, tossed into a stir-fry or baked as a hearty side**

zucchini

**HOW OUR
FOOD WORKS
FOR YOU**
see page 86



**Zucchini & goat's
cheese salad**
Recipe, page 80

GFO LCO

ZUCCHINI & CAULIFLOWER YELLOW CURRY

PREP 10 MINS **COOK** 30 MINS
SERVES 4 (AS A MAIN)

2 tbsp olive oil
2 small brown onions, finely chopped
2 cloves garlic, crushed
2 tbsp yellow curry paste or gluten-free curry powder
400ml can Carnation Light & Creamy Evaporated Milk
1 tsp coconut essence
450g cauliflower florets
2 large zucchinis, halved lengthways, sliced
190g (1 cup) basmati rice
1 red chilli, deseeded, sliced
1 bunch coriander, leaves picked

1 Heat the oil in a large, deep non-stick frying pan over medium heat. Add the onions and cook, stirring occasionally, for and cook the onions for 5-7 minutes or until softens. Add the garlic and curry paste and cook, stirring, for 2 minutes.

2 Pour the milk, coconut essence and half a can of water into the onion mixture. Bring to a gentle simmer. Add the cauliflower and zucchini. Cover and reduce heat to low. Simmer for 10 minutes. Remove the lid and increase heat to medium. Continue cooking until the sauce reduces and thickens a little. Season well with pepper.

3 Meanwhile, cook the rice following pack instructions.

4 Divide the rice between four bowls. Top with the curry, chilli and a scattering of coriander.

NUTRITIONAL INFO

PER SERVE 1910kJ (457Cal), **protein** 17g, **total fat** 14g (sat. fat 3g), **carbs** 62g, **fibre** 8g, **sodium** 513mg
• **Carb exchanges** 4 • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION

Replace the basmati rice with 3½ cups (440g) of cauliflower and broccoli rice, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1290kJ (309Cal), **protein** 15g, **total fat** 14g (sat. fat 3g), **carbs** 26g, **fibre** 9g, **sodium** 533mg • **Carb exchanges** 1½ • **GI estimate** low
• **Gluten-free option** • **Lower carb**

GF

ROASTED VEGETABLE CASSEROLE

PREP 15 MINS **COOK** 1 HOUR
SERVES 2 (AS A MAIN)

2 tbsp olive oil
1 garlic bulb, halved through the middle
2 large zucchinis, thickly sliced
1 large red onion, sliced
1 eggplant, halved lengthways, diagonally sliced
2 large tomatoes, quartered
200g Zerella Spud Lite Potatoes, halved
1 red capsicum, deseeded, cut into chunks
400g can no-added-salt chopped tomatoes
½ bunch flat-leaf parsley, chopped

1 Preheat oven to 180°C (fan-forced). Line a large roasting tin with non-stick baking paper. Put the oil, garlic, zucchini, red onions, eggplant, tomatoes, potatoes and capsicum in the tin. Toss to combine and season with pepper. Roast for 45 minutes.

2 Remove the garlic from the tin and squeeze it from the skins all over the vegetables, stirring to evenly distribute.

3 Put the canned tomatoes in a small saucepan and stir over medium heat until bubbling. Season with freshly ground black pepper. Add to the roasted vegetables in the pan and stir to combine. Sprinkle over the parsley and serve.

NUTRITIONAL INFO

PER SERVE 2010kJ (481Cal), **protein** 15g, **total fat** 23g (sat. fat 5g), **carbs** 46g, **fibre** 22g, **sodium** 90mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**



Roasted vegetable casserole *Recipe, opposite*



GFO LCO

ZUCCHINI & GOAT'S CHEESE SALAD

PREP 15 MINS **COOK** 15 MINS **SERVES** 4 (AS A MAIN)

4 large zucchini, peeled into ribbons using a vegetable peeler
Zest and juice ½ lemon
2 tbsp pine nuts
120g wholemeal sourdough bread or gluten-free bread, cut into cubes
1 tbsp olive oil
60g torn pieces kale
100g goat's cheese, crumbled
Handful mint leaves
1½ tbsp raisins

DRESSING

2 tbsp extra virgin olive oil
1 tbsp fresh lemon juice
1 tbsp honey

1 Preheat oven to 180°C (fan-forced). Put the zucchini ribbons in a large bowl with the lemon zest and juice. Toss to combine.

2 Meanwhile, tip the pine nuts onto one side of a non-stick baking tray, and the bread cubes on the other side. Drizzle with the oil. Season. Roast for 5 minutes or until the pine nuts are golden. Remove from the tray. Bake the bread cubes for a further 5-8 minutes or until golden.

3 Add the kale, goat's cheese, mint and raisins to the zucchini. Toss to combine.

4 To make the dressing; combine all the ingredients in a small bowl. Season with pepper.

5 Drizzle the dressing over the salad and toss to combine. Divide the salad between serving plates. Top with the croutons and pine nuts. Serve.

NUTRITIONAL INFO

PER SERVE 1740kJ (416Cal), **protein** 14g, **total fat** 26g (sat. fat 6g), **carbs** 29g, **fibre** 7g, **sodium** 250mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Reduce the sourdough portion to 1 regular slice (40g) and reduce the oil to ½ tbsp. To help balance the protein content of the meal, increase the goat's cheese to 150g.

NUTRITIONAL INFO

PER SERVE 1520kJ (364Cal), **protein** 14g, **total fat** 24g (sat. fat 7g), **carbs** 21g, **fibre** 6g, **sodium** 216mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO

TOMATO & ZUCCHINI RISOTTO

PREP 10 MINS **COOK** 30 MINS
SERVES 3 (AS A MAIN)

2 tbsp olive oil
1 small brown onion, chopped
2 cloves garlic, crushed
½ tsp coriander seeds, crushed
200g (1 cup) arborio rice
500ml (2 cups) salt-reduced vegetable stock or gluten-free vegetable stock
200g passata
12 cherry tomatoes, halved
2 large zucchinis, halved and sliced
2 tbsp light sour cream
2 tbsp finely grated parmesan, to serve
60g rocket dressed with 1 tbsp fresh lemon juice, to serve

1 Heat 1 tbsp oil in a large non-stick saucepan over medium heat. Add the onion and cook, stirring occasionally, for 5-7 minutes or until soft. Add the garlic and coriander seeds and cook, stirring, for 1 minute. Stir in the rice. Slowly add 300ml stock, stirring until fully absorbed between each addition. Pour in the passata, cover and reduce heat to low. Simmer, stirring occasionally, for 10-15 minutes, adding more stock as needed.

2 Meanwhile, preheat oven to 180°C (fan-forced). Line a large roasting tin with baking paper. Put the tomatoes and zucchini in the lined tin. Drizzle with the remaining oil and season with pepper. Roast for 10-12 minutes or until just tender.

3 Add the sour cream to the risotto. Stir until the rice is cooked through and creamy, then add the roasted zucchini. Divide the risotto between shallow serving bowls. Top with the roasted tomatoes and parmesan.

NUTRITIONAL INFO

PER SERVE 2020kJ (483Cal), **protein** 13g, **total fat** 19g (sat. fat 6g), **carbs** 62g, **fibre** 7g, **sodium** 669mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten-free option**

zucchini

Tomato &
zucchini risotto
Recipe, opposite



COOK, EAT, ENJOY

Discover our supermarket favourites, learn kitchen hints,
try some quick and easy recipes, all from food editor *Alison Roberts*

COCO FOR CAULIFLOWER

Whether you like it roasted, barbecued or whizzed up into 'rice', cauliflower is a super versatile veggie.

Studies suggest that quick-cook methods such as blanching, stir-frying and microwaving retain more nutrients than boiling.

Cauliflower supplies minerals (including choline), rich in vitamin C & K and a source of fibre (important for good digestive health). Four florets (80g) count as one of your 5-a-day veggie serves.

CAULIFLOWER 'STEAKS' WITH ROASTED RED PEPPER & OLIVE SALSA

PREP 15 MINS COOK 20 MINS SERVES 2 (AS A LIGHT MEAL)

1 Preheat oven to 200°C (fan-forced). Line a baking tray with non-stick baking paper. Slice 1 cauliflower into 2 x 2.5cm steaks (use the middle part as it's larger; and save the rest for another time).

2 Rub ½ tsp smoked paprika and 2 tsp olive oil over the steaks and season with pepper. Place on the lined tray and roast for 15-20 minutes or until cooked through.

3 Chop 1 roasted red pepper, 4 pitted black olives, a small

handful of parsley and 1 tsp capers. Place in a bowl and toss in 2 tsp red wine vinegar and 1½ tbsp olive oil. Season with pepper.

4 Top the cauliflower steaks with the salsa and sprinkle with 2 tbsp toasted flaked almonds.

PER SERVE 1200kJ (287Cal),
protein 5g, **total fat** 26g (sat. fat 3g), **carbs** 7g, **fibre** 3g, **sodium** 211mg • **Carb exchanges** ½
• **GI estimate** low • **Gluten free**
• **Lower carb**

SUPERMARKET CRUSH

The Happy Snack Company Chocolate Coated Chickpeas



Looking for a chocolate hit, but watching your waistline, then the Happy Snacks Range of chocolate coated chickpeas are for you! These little delights are gluten, dairy and nut free, making them the perfect lunchbox addition for school and workplaces.

Each 20g serve contains less than 100 Calories and are low GI, giving you a slow release of energy and helping manage your blood glucose levels.

Available in most major supermarkets including Coles and Woolworths nationally. RRP \$6.00 for multipack of 5 x 20g serves.



SECOND LUNCH

Spread 2 thin slices toasted grain sourdough or gluten-free bread with ¼ mashed avocado seasoned with a little pepper and smoked paprika.

Top with 1 (30g) sliced bocconcini, 6 halved cherry tomatoes and a small handful of basil leaves.

Serves 1.

PER SERVE 1250 kJ (299Cal), **protein** 14g, **total fat** 13g (sat. fat 5g), **carbs** 26g, **fibre** 8g, **sodium** 404mg • **Carb exchanges** 1 ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

QUICK & EASY DESSERTS

GF

APRICOT & ALMOND PARFAIT

Layer 115g (½ cup) drained apricot halves in natural juices (juices reserved), ½ cup frozen mixed berries, 130g tub low-fat natural yoghurt whisked with 2 tbsp juices from the apricots between 2 glasses. Top with 1 tbsp toasted slivered almonds and a sprinkle of ground cinnamon. **Serves 2.**
PER SERVE 557kJ (133Cal), **protein** 7g, **total fat** 4g (sat. fat 0g), **carbs** 13g, **fibre** 4g, **sodium** 57mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GF

LC

LIME & CARDAMOM PINEAPPLE

Cut ¼ peeled and cored pineapple into very thin slices and divide between 2 serving plates. Combine a pinch of ground cardamom and 2 tsp caster sugar in a small bowl. Drizzle the pineapple with ¼ lime, juiced and sprinkle over the cardamom sugar. Set aside for 10 minutes to allow the flavours to develop. Sprinkle with a little shredded mint and serve. **Serves 2.**
PER SERVE 196kJ (47Cal), **protein** 0g, **total fat** 0g (sat. fat 0g), **carbs** 10g, **fibre** 1g, **sodium** 2mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free** • **Lower carb**

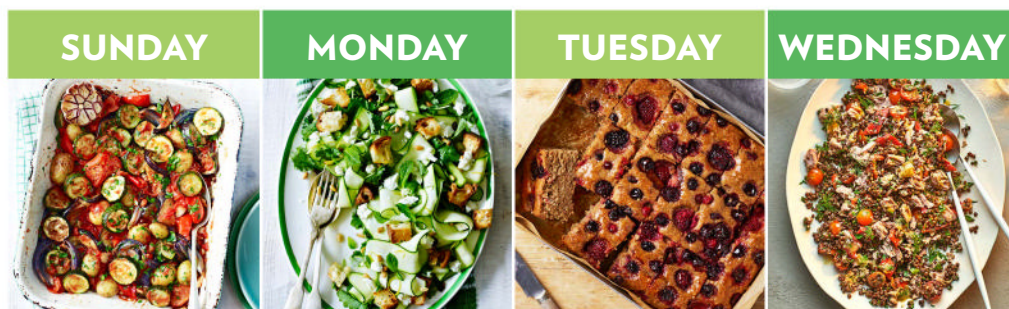
GF

MIXED BERRY SLUSHIE

Put 140g (1 cup) frozen mixed berries, 1 frozen banana, chopped, 185ml (¾ cup) 100% unsweetened apple juice, ½ cup ice cubes and 2 tbsp water in a small food processor or blender. Process until smooth. Pour the slushie between 2 small glasses. Serve with a spoon and a straw. **Serves 2.**
PER SERVE 466kJ (111Cal), **protein** 1g, **total fat** 0g (sat. fat 0g), **carbs** 23g, **fibre** 3g, **sodium** 1mg • **Carb exchanges** 1 ½ • **GI estimate** low • **Gluten free**

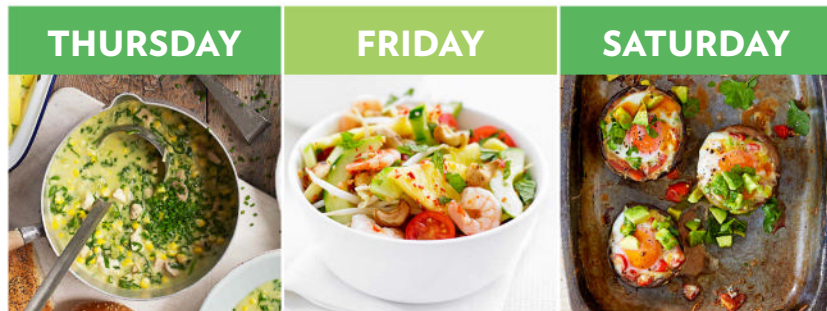
Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



H ₂ O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Breakfast egg wraps (p 46)	½ small avocado & ½ cup cottage cheese mixed together & spread on 2 slices rye sourdough toast	½ mango diced & topped with 170g tub YoPro & 30g crushed walnuts	Chorizo & fried egg tortillas (p 44)
Snack	Small skim latte & 1 fresh date	30g unsalted nuts	Banana berry traybake (p 74) <i>pictured</i>	170g Chobani yoghurt & diced kiwi fruit
Lunch	Smashed chicken with corn slaw (p 59)	Zucchini & goat's cheese salad (p 80) <i>pictured</i>	60 second lunch (p 83)	Lentil & tuna salad (p 50) <i>pictured</i>
Optional snack	2 Vita-weets + 40g reduced-fat cheddar	Banana berry traybake (p 74)	1 cup skim milk	1 cup fresh fruit salad
Dinner	Roasted vegetable casserole (p 78) <i>pictured</i>	Fish & vegetable chowder (p 16)	Grilled lamb with fruity rice salad (p 16)	Barley & mushroom risotto (p 18)
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Mixed berry slushie (p 83)	2 passionfruits	1 piece of fresh fruit	Lime & cardamom pineapple (p 83)
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

it's easy!



depending on your exercise levels.

2 Vita-Brits topped with ½ sliced banana + 1 cup skim milk

½ mango diced & topped with 170g tub YoPro & 30g crushed walnuts

Mushroom-baked eggs (p 46) *pictured*

30g unsalted nuts

1 cup vegetable sticks & 2 tbsp hummus

1 piece of fresh fruit

Creamy chicken & corn soup (p 58) *pictured*

Open Greek-style salad sandwiches (p 50)

Spicy bean & avocado quesadillas (p 65)

2 corn thins topped with ½ cup cottage cheese & sliced tomato

2 small plums

170g Chobani yoghurt

Chargrilled turkey with quinoa tabbouleh & tahini dressing (p 20)

Prawn & pineapple salad (p 20) *pictured*

Fresh tuna with harissa & potato stew (p 28)

have a couple of alcohol-free days a week.

100g Twisted frozen yoghurt tub

Apricot & almond parfait (p 83)

1 cup fresh fruit salad

Always discuss your exercise plans with your doctor first.

BALANCING CARBS AND PROTEIN FOR DIABETES MANAGEMENT

Living with diabetes requires careful management of your diet to maintain stable blood glucose levels (BGLs). One effective strategy is to spread your intake of carbohydrates and proteins evenly throughout the day. This approach helps prevent sharp spikes or drops in BGLs, providing a steady supply of energy and nutrients.

Monitoring your BGLs regularly can help you understand how your body responds to different foods and timing. With a bit of planning, you can enjoy a variety of foods while keeping your BGLs in check.

In this edition of *Diabetic Living*, you'll notice we've updated our recipe classifications. Instead of "light meals," we now refer to all lunch and dinner recipes as "main meals". This gives you greater flexibility to adjust your eating schedule based on what works best for you.

If you find that following a lower carb diet is most effective in managing your diabetes, then keep an eye out for our recipes marked as lower carb **LC** and lower-carb options. **LC0**



Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

Curried corn with
cod & prawns
Recipe, page 56

NUTRITIONAL INFO

PER SERVE 1850kJ (443Cal),
protein 30g, total fat 15g
(sat. fat 8g), carbs 43g,
fibre 5g, sodium 144mg
• Carb exchanges 3
• GI estimate medium
• Gluten free

Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■



CUT OUT & KEEP

YOUR DAILY ALLOWANCE GUIDE

With this guide,
you can create
the perfect eating
plan for your
needs

To maintain your weight*

Kilojoules 8700kJ
Protein 80g
Total fat 70g
Saturated fat 24g
Carbs 270g
Fibre 30g
Sodium Less than 2000mg

To lose weight*

Kilojoules 6000kJ
Protein 65g
Total fat 45g
Saturated fat 15g
Carbs 180g
Fibre 30g
Sodium Less than 2000mg

living

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

well

*Egg hunts are
proof that
your children
can find
things when
they really
want to.*

Unknown

You may have heard of the health benefits of a Mediterranean diet. But can this type of eating plan help with managing your diabetes? DL Magazine dietitian and diabetes educator, Dr Kate Marsh discusses the research on Mediterranean diets and diabetes and explains how to adopt a Mediterranean-style eating plan.

A still life photograph featuring several copper bowls filled with fresh Mediterranean produce. In the foreground, a shallow copper bowl is overflowing with purple figs, some of which are sliced open to reveal their red, seed-filled interiors. Behind it, two taller copper bowls are brimming with clusters of dark blue grapes, some still attached to their green leaves. The arrangement is set on a rustic, dark wooden surface. The lighting is soft and directional, creating highlights on the metallic surfaces of the bowls and the textures of the fruit. The overall mood is warm and natural, emphasizing the freshness and quality of the ingredients.

THE MEDITERRANEAN diet AND DIABETES

WHAT IS A MEDITERRANEAN DIET?

While there's no one Mediterranean diet, this style of eating plan is typically rich in wholegrains, vegetables, fruits, nuts, legumes, olive oil and fish but relatively low in red meat and dairy products. Sweet snacks and processed foods are occasional treats, and wine is consumed in moderation, with a meal.

Taking time to enjoy meals in the company of others and balancing food with physical activity are also important parts of a typical Mediterranean lifestyle.

WHAT ARE THE BENEFITS OF A MEDITERRANEAN DIET?

There is a significant amount of research showing the health benefits of a Mediterranean diet.

Studies have found that following a Mediterranean-style diet is associated with better blood glucose management and cardiovascular risk factors than other types of eating plans, including a lower-fat diet. In their 2024 Standards of Care, the American Diabetes Association (ADA) mention Mediterranean diets as one of several eating patterns which have shown benefits for diabetes management.

While most of the research on diabetes and the Mediterranean diet focuses on type 2 diabetes, a few studies have also shown benefits for children with type 1, including improvements in blood glucose management, body composition and cardiovascular risk.

Many studies have also shown that following a Mediterranean-style diet can reduce the risk of developing type 2 diabetes. A 2022 systematic review of 16 studies

found that study participants who had the greatest adherence to a Mediterranean-style diet (measured by a Mediterranean diet score) had a 17% lower risk of developing diabetes compared to those who were least adherent.

The Mediterranean diet not only benefits diabetes but also helps improve overall health and reduces the risk of chronic diseases.

Research suggests that adopting this type of eating plan can decrease the likelihood of developing cardiovascular disease, cancer, and neurodegenerative conditions such as Parkinson's and Alzheimer's. And an Australian study, from researchers at the Deakin University Food and Mood Centre, found that a Mediterranean-style diet can reduce the symptoms of depression.

WHY IS A MEDITERRANEAN DIET GOOD FOR HEALTH?

There are several reasons why a Mediterranean-style eating plan might have so many health benefits. A Mediterranean diet is:

- based largely on whole foods
- encourages a high intake of plant foods while being lower in animal fat and protein
- focuses on nutrient-dense carbohydrates (such as vegetables, fruits, wholegrains and legumes) in place of the processed variety
- contains healthier types of fat (those found in nuts, seeds, avocado and olive oil).

In fact, there's little not to like about a Mediterranean diet and there are few health professionals who wouldn't recommend this type of eating plan.



STOCKING YOUR MEDITERRANEAN PANTRY

Preparing and eating healthy meals starts with having the right ingredients.

Here are a few pantry staples to keep on hand for preparing healthy Mediterranean-style meals.

- ☐ Good quality extra virgin olive oil
- ☐ Legumes such as beans, chickpeas, and lentils (both dry and canned)
- ☐ Wholegrains including brown rice, quinoa, freekeh, barley, bulgur/cracked wheat and buckwheat
- ☐ Nuts and seeds
- ☐ Dried herbs and spices
- ☐ Canned or bottled tomatoes
- ☐ Tahini (sesame seed paste)
- ☐ Olives



HOW DO I GET STARTED ON A MEDITERRANEAN-STYLE DIET?

If your meals have always centred around the protein on your plate, changing to a more plant-based diet can take some extra thought and planning. Here are a few ways to get started:

CHOOSE A VARIETY of minimally processed and, wherever possible, seasonally fresh and locally grown foods. Visit a local farmers market for inspiration.

FOCUS ON VEGETABLES Try to include them in most meals and aim to fill at least half your plate at meals with a variety of different types and colours. Find ways to make them tasty from roasting or sautéing with olive oil and herbs, to steaming and adding them to salads. Raw vegies also make a great snack with some hummus or tzatziki.

RETHINK PROTEIN Include more fish, seafood and legumes (lentils, chickpeas and beans) in place of red meat. If you eat meat, choose good quality cuts and include it in small amounts, combined with lots of vegies and wholegrains, rather than have it be the focus of the plate.

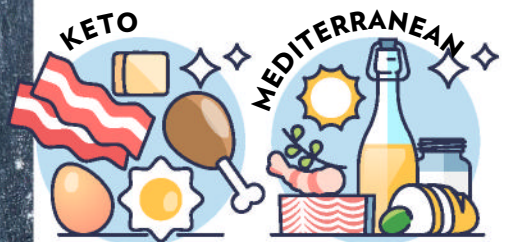
SWITCH TO WHOLEGRAINS Wholegrains like barley, burghul/cracked wheat, freekeh, quinoa, buckwheat and brown rice have more fibre, protein and other important nutrients than refined grains. They also have more flavour and can be used in a wide variety of dishes.

CHOOSE HEALTHY FATS Good sources of healthy fats include extra-virgin olive oil, nuts, seeds, olives, and avocados. Choose these in place of saturated fats like fatty meats, butter, cream, coconut and palm oils.

ENJOY SOME DAIRY FOODS Fermented dairy products like natural yoghurt and many types of cheese appear to have several health benefits, so include these in your meals and snacks if you like them.

CHOOSE FRUIT as a healthy sweet snack or dessert. Aim for a variety of types and colours, depending on what is in season. If you need something more, add some Greek yoghurt or nuts. And keep other (high fat and added sugar) sweet snacks and desserts for special occasions.

IF YOU ENJOY A DRINK, stick to a glass or two of red wine with your meals.



MEDITERRANEAN VERSUS KETO DIET FOR TYPE 2 DIABETES

Low carbohydrate and ketogenic (very low carbohydrate) diets have become more popular in recent years, including to help with blood glucose management. However, a small study in people with prediabetes or type 2 diabetes found that a Mediterranean diet containing healthy carb foods can be just as effective as a keto diet for improving blood glucose levels. Participants were randomised to either a ketogenic or Mediterranean-style diet for 12 weeks, before switching to the alternate diet for another 12 weeks.

Both diets incorporated non-starchy vegetables and avoided added sugars and refined grains. However, the Mediterranean-style diet included legumes, fruits, and whole, intact grains, while the ketogenic diet avoided these foods. After 12 weeks, the researchers found no differences in HbA1c levels (a measure of average blood glucose over the previous 3 months) between the two diets.

The ketogenic diet led to a greater reduction in triglycerides but higher LDL cholesterol levels. Participants also had lower intakes of fibre and several key nutrients including folate, vitamin c and magnesium while following the keto diet, which was attributed to avoiding healthy carbohydrate-containing foods including legumes, fruits and minimally-processed wholegrains.

MEDITERRANEAN DIET: A DAY ON YOUR PLATE

BREAKFAST

- Natural yoghurt with berries, nuts and seeds

OR

- Wholegrain toast with scrambled egg and vegies such as tomato, eggplant, capsicum, spinach and mushrooms

OR

- Poached eggs with chickpeas, spinach and tomato

LUNCH

- Large salad with tuna and cannellini beans plus a wholegrain bread roll

OR

- Bowl of minestrone soup with a slice of wholegrain toast

OR

- Wholegrain sandwich with falafel, hummus and tabbouli

DINNER

- Chickpea and vegetable tajine served with quinoa or freekeh

OR

- Grilled salmon fillet with baked sweet potato and Greek salad

OR

- Chicken, vegetable and barley risotto

SNACKS

- Apple and a handful of almonds

- Berries with natural yoghurt

- Hummus dip with carrot and wholegrain/seeded crackers with ricotta and tomato

RESOURCES

For more information on a Mediterranean diet, including tips and recipes, visit:

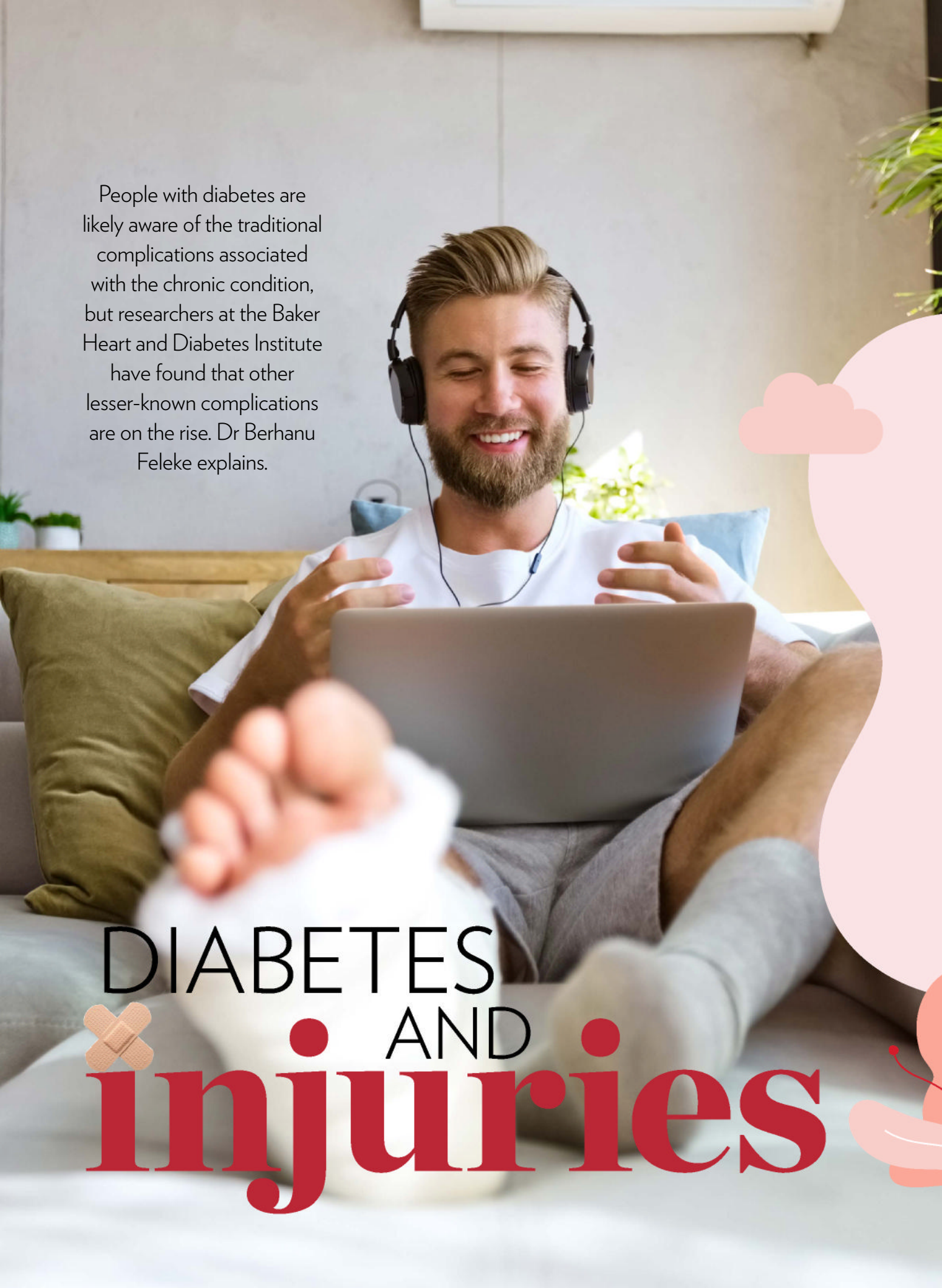
Oldways oldwayspt.org/traditional-diets/mediterranean-diet

The Mediterranean Diet Cookbook (Pan Macmillan Australia, 2015) written by Australian dietitian and nutrition researcher, Dr Catherine Itsiopoulos

Food as Medicine Diabetes (Simon & Schuster 2024)
written by Australian dietitian Sue Radd



People with diabetes are likely aware of the traditional complications associated with the chronic condition, but researchers at the Baker Heart and Diabetes Institute have found that other lesser-known complications are on the rise. Dr Berhanu Feleke explains.



DIABETES AND injuries

Kidney disease, retinopathy, foot ulcers, coronary heart disease – they're just a few of the traditional complications associated with diabetes that are found in all of the information packs and online resources about the chronic disease.

However, new research out of the Baker Heart and Diabetes Institute has found that for people living with diabetes, injuries that require hospitalisation are a major complication associated with the disease.

Injury, which is a leading cause of illness and death in the general Australian population, presents an even greater risk for those with diabetes. And for those treated with insulin, the risk is heightened even further.

In fact, according to our research, people with diabetes who are treated with insulin have more than a 60% increased risk of being hospitalised for injuries, including head and neck trauma, and burns, when compared to the general population.

But why?

WHY ARE PEOPLE WITH DIABETES AT RISK OF INJURY?

The exact reasons behind this heightened risk of injury are not entirely clear. However, several factors may contribute to these findings.

The high risk of injury in people with type 1 diabetes and those with insulin-treated type 2 diabetes could be attributed to their likelihood of hypoglycaemic falls – which may occur when blood sugar levels dip dangerously low.

People with diabetes are more prone to falls, and the severity of injuries from these falls tends to be greater. This could be due to a higher burden of sarcopenia, or muscle loss, which increases the risk of severe injury.

People with type 1 diabetes are also at greater risk of injury as they exhibit a lower bone mineral density (frailty) compared to those without diabetes, with previous studies showing they are more than six times more likely to experience a hip fracture than the general population.

Poor eyesight is yet another contributing factor that increases injury risk. Diabetic retinopathy can prevent people from anticipating hazards, thus leading to more severe injuries.

Burns are also a significant factor for those with diabetes, with the risk of hospitalisation for burns 52% higher than the general population. Neuropathy, or nerve damage, can lead to loss of protective sensation in parts of the body, making individuals unaware that they are being burned.



WHAT DID THE NEW STUDY FIND?

In a nutshell, our study, published in scientific journal *Diabetes Care*, and using data from 117,000 people with diabetes and more than 3.4 million people in the general population who were hospitalised due to an injury between 2011 and 2017, found that compared to the general population, people with diabetes have an elevated risk of hospitalisation for injury. The risk was heightened among those using insulin.

Interesting statistics from the study show that:

- » People with diabetes have about a 22% higher risk of being hospitalised due to injuries compared to the general population.
- » Compared to the general population, people with type 1 diabetes experience a 60% increased risk of hospital admission for an injury.
- » Falls were the reason for 69% of injuries in people with diabetes who required hospitalisation.
- » 80% of head and neck injuries were attributed to falls.
- » Lower extremity injuries were the most frequent cause of hospital admission among people with diabetes.
- » Among those with diabetes who suffered burns, 23% were associated with neuropathy (a nerve condition that can lead to loss of sensation, pain, weakness or tingling in one or more parts of the body).
- » Compared to the general population, the risk of admission for any injury was 65% higher for those with type 2 diabetes using insulin, but only a 7% higher risk than the general population among people with type 2 diabetes not using insulin.



IMAGES GETTY IMAGES

Being prepared for accidents, especially when far from home, can prevent a minor injury becoming a major one.



WHAT DOES THIS MEAN FOR PEOPLE LIVING WITH DIABETES?

This study serves as a powerful reminder of the new and emerging complications of diabetes. While many people are aware of those traditional complications, such as eye, heart and kidney disease, this study reinforces the need to broaden that focus to include emerging issues such as disability and frailty.

This research highlights the need for actions to reduce the risk of injury in people with diabetes. This includes raising awareness, implementing falls prevention strategies, and introducing measures to increase muscle strength in individuals with diabetes.

Taking these steps can help mitigate the risks and keep people with diabetes safer, healthier, and out of hospitals.

Discuss with your care team about these emerging complications and how you can implement strategies into your diabetes management plan to lower your risks.

DON'T GO BREAKING MY heart

February is REDFEB, Heart Research Australia's heart awareness month. This year the focus is on the connection between heart and brain health.

Heat disease kills one Australian every 30 minutes, and remains the single leading cause of death in this country. Those living with diabetes are twice as likely to develop heart disease, due to high blood glucose levels damaging the blood vessels in the heart. The longer you have diabetes, the higher your chances are of developing heart disease.

Keeping your heart healthy can also help protect your brain, memory, and cognitive function, reducing the risk of conditions like dementia as you age. Recent studies have shown that diabetes is also a risk factor for developing dementia.

Support REDFEB
This February, Heart Research Australia invites all Australians to wear red and donate to support research into life-saving heart disease prevention and care.
www.heartresearch.com.au

Follow your heart... or your head?

"Heart health and brain health are intimately connected," says Clinical Neuropsychologist Dr Miranda Say. "The brain relies on a steady supply of blood from the heart. Conditions like high blood pressure and high cholesterol can disrupt blood flow, increasing the risk of stroke and cognitive decline, including dementia."

More than 421,000 people were living with dementia in Australia last year. This number is projected to double in the next 30 years. Heart Research Australia is urging all Australians to prioritise their heart health (which will also safeguard brain health) by adopting simple lifestyle changes.

Put a little love in your heart

The message from Heart Research Australia this REDFEB is pretty simple – what's good for your heart health is also good for your brain health. Protect both by following their 4-M Approach:

Meals

High cholesterol levels can not only block the arteries of the heart, but also those leading to the brain impairing blood flow, which is crucial for cognitive health. High cholesterol plays a key role in the development of dementia. It's important to know what you are eating and understand how to read the backs of packets. Avoid processed foods and keep your diet simple and fresh to support your heart and brain health.

Movement

As we age, it is essential to incorporate functional strength training into our weekly routines (see p 118), along with aerobic exercise like walking. This combination of aerobic and resistance training can help lower blood pressure, increase good cholesterol, reduce bad cholesterol, and even promote neuroplasticity, the brain's ability to form new connections.

Measurement

Regular health check-ups to monitor blood pressure, cholesterol and blood sugar are crucial. "Knowing your numbers" is key to preventing cardiovascular disease and helping protect cognitive functions.

Mental Wellness

Beyond knowing your numbers and managing risk factors, incorporate regular mindfulness moments into your day. These short breaks allow you to reset your thinking and can greatly support cognitive and cardiovascular health.



If you're sticking to healthy foods, exercising your butt off and monitoring your calorie intake — but your weight doesn't seem to be budging — you may have wondered whether you have messed up your metabolism. Could crash dieting be the reason why you can't maintain weight loss in the long run?

The risks of crash dieting

Crash dieting — or in other words, dramatically reducing your calorie intake — can initially result in rapid weight loss. However, this approach risks slowing your metabolism over time, making it harder to lose weight in the future and even harder to keep it off.

Lani explains, “Consistently eating too few calories can impact your metabolism over time, making it harder to lose weight and keep it off. When eating too far below your calorie requirements, your body adapts by slowing down your resting metabolic rate, meaning fewer calories are burned across the day. If on a weight loss journey, this can lead to plateaus and frustration.”

It's like your body kicks into survival mode, becoming more efficient at conserving energy — and ultimately burning fewer calories — because it perceives the lack of food as a threat.

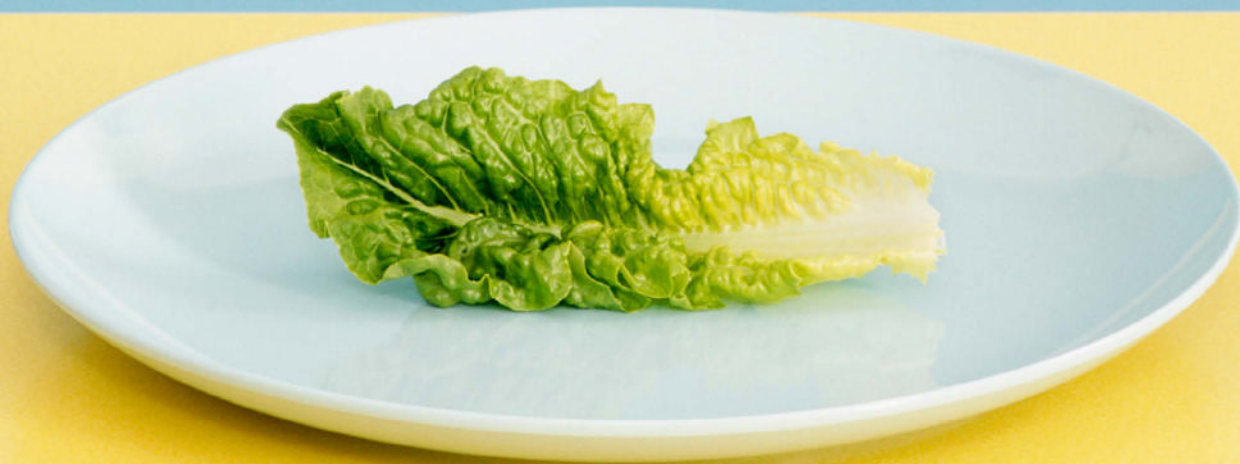
Signs you may be eating too little

A few red flags to watch out for include fatigue, dizziness, hair loss and/or skin issues, mood swings, feeling cold even on warm days, weight loss plateaus, loss of muscle mass, getting ill more often than usual, and intense cravings or binge eating.

If you're experiencing these symptoms, it's a good idea to reassess your intake and consult a healthcare professional or dietitian.

Can eating too few calories decrease your metabolism? Clinical Nutritionist BHSc and Health Coach at Juniper, Lani Finau, answers this question and explains the link between a low calorie intake and metabolism.

CALORIES &



METABOLISM

How many calories is “too few”?

While calorie needs vary based on factors like your age, gender, activity levels, and goals, most experts agree that a sustainable calorie deficit is the key to long-term weight loss success.

“For sustainable weight loss that won’t disrupt metabolism, typically a calorie deficit of 250-500 kcal per day is encouraged,” Lani says. With this approach, you’ll experience gradual weight loss while maintaining your body’s energy balance — while also having more room to incorporate exercise into your routine.

Drastically cutting calories, on the other hand, can sabotage not only your metabolism but your ability to get the nutrients your body needs. The opposite of what you want!

Why nutrients matter

One of the biggest risks with extreme calorie deficits is missing out on key nutrients, proteins, and vitamins that are necessary for overall health — and weight loss success.

“Protein, alongside strength and resistance training, can help build and maintain lean muscle mass. Essentially, the more lean muscle you have, the more efficiently your body burns calories,” Lani explains. Muscles aren’t just about strength and aesthetics; they’re one of the primary drivers of a healthy metabolism.

However, eating too little makes it challenging to meet your basic protein needs, not to mention other nutrients like iron, calcium, and fibre. These deficits can lead to overeating later when cravings tend to kick in — and all of a sudden, you may find yourself in the vicious yo-yo dieting cycle.



BUILDING A SUSTAINABLE WEIGHT LOSS PLAN

To lose weight effectively — and safely — focus on balance and sustainability. Here's how:

START WITH A BALANCED CALORIE DEFICIT

As Lani mentioned before, a deficit of 250-500 calories per day is both safe and effective. You don't have to skip meals or cut out entire groups of food, but simply reduce how much you eat or increase your exercise.

To determine your calorie deficit, you first need to know what your maintenance calories are — meaning, the calories you need to maintain your body weight. Though you can do the maths yourself, there are plenty of online calculators you can use, or you can visit a dietitian for expert, personalised advice. Once you have that number, simply subtract 250-500 calories.

To make sure you're actually eating within your daily calorie budget, you can use a food diary or tracking app like MyFitnessPal or Chronometer.

PRIORITISE PROTEIN

We touched on this before, but eating enough protein is key not only for your fitness goals but your health in general. When it comes to weight loss, protein has a higher thermic effect than carbs or fats, which means it requires more energy to digest. This helps fire up your metabolism and supports your body's calorie-burning efforts.

Plus, protein slows glucose absorption, helping to stabilise your blood glucose levels and prevent crashes that can trigger cravings for sugary or unhealthy foods.

As Lani explained earlier, consuming enough protein also supports healthy muscle growth, which is particularly important as you lose weight — helping you maintain as much muscle mass as possible.

If you want to up your protein intake but are unsure how, here are a few tips to consider:

- » Start the day with protein — we recommend aiming for 30 grams (overnight oats, a tofu scramble or smoked salmon on toast)
- » Snack on high-protein foods like yoghurt, boiled eggs or cheese
- » Replace traditional carbs with high-protein ones, such as quinoa or protein pasta
- » Incorporate a protein supplement into your diet
- » Add lentils, beans, or shredded chicken to your soups
- » Bake with protein flour
- » Mix cottage cheese into pasta sauce or blend it into dips
- » Avoid skipping meals

Skipping meals might seem like a surefire way to drop some weight, but in reality, it can wreak havoc on your metabolism, contributing to irregular blood glucose levels and making it more likely to overeat later on.

Eating balanced meals regularly throughout the day, on the other hand, means you can maintain your energy levels and improve your metabolic health.

Keep in mind that meal frequency doesn't have a one-size-fits-all approach. We all have different metabolic rates, nutritional needs and energy levels, which means we should all take a different approach to nutrition and eating.

The three-meal structure is popular (mostly because it fits our busy 9-5 lifestyle) but you may find that eating smaller and more frequent meals works best for you.

MOVE YOUR BODY

When we say 'move your body', we don't just mean go to the gym or on a run (though you should definitely do so!). Walking every day and engaging in incidental exercise is just as important. A few ideas include:

- » Taking the stairs whenever you can
- » Doing walking meetings, when possible
- » Taking regular breaks, especially if you work in front of a laptop
- » Park your car further away and walk the rest of the way to your destination
- » Walk during your lunch break

"Fuelling your body with a regular eating pattern and ensuring enough energy from lean protein and an overall balanced diet can help manage appetite and cravings throughout the day," Lani adds.

LONG-TERM SUCCESS OVER SHORT-TERM FIXES

It's natural to want results quickly, but when it comes to weight loss, slow and steady wins the race. While crash diets may seem tempting, they will only compromise your metabolism and your health.

Instead, focus on creating a sustainable, nutrient-rich eating plan that gives your body everything it needs — while keeping you in a moderate calorie deficit. Not only will this protect your metabolism, but it will also set you up for long-term success, both in your weight-loss goals and your overall well-being.



Do you remember your childhood hobby? Maybe it was a stamp or rock collection, playing a musical instrument, or experimenting with art. Hopefully you also remember the joy it brought you. Statistics show that 86 per cent of Australians had at least one hobby in 2024, with 15 per cent turning those hobbies into a business and another 44 per cent considering turning their hobby into a source of income.

Aside from the potential cash cow, research shows that people with hobbies are less likely to suffer from low moods, stress and depression. Australian artist Elizabeth Jane, author of *Free and First – Unlocking Your Ultimate Life*, says that rediscovering her hobbies after a sudden and traumatic divorce helped her to cope and move forward. Hobbies are not just pastimes, says Jane, they are essential for enriching our lives and enhancing our overall wellbeing.

So, take some time out of your busy day to do something that you enjoy, whether it be knitting, photography, baking, a sport... whatever will help you to relax and unwind!

Having a hobby can be a powerful way to
enhance your mental health and wellbeing

HEALING HOBBIES

10 REASONS WHY YOU SHOULD HAVE A HOBBY

WORK-LIFE BALANCE

Life can be demanding. Hobbies provide a break from work or other responsibilities, helping to maintain a healthy work-life balance. Engaging in enjoyable activities outside of your professional life prevents burnout and keeps you energised. Regularly doing something you love also helps to lower stress levels and promote mental well-being.

PERSONAL GROWTH AND ACHIEVEMENT

Hobbies allow you to explore new interests, develop new skills and grow as an individual. They foster continuous learning and self-improvement, which can be both rewarding and motivating. Successfully completing a project, mastering a new skill or even just making progress in a hobby can give you a sense of accomplishment and boost your self-esteem.

MINDFULNESS

Engaging in hobbies often requires focus and attention, helping you to stay present. This mindfulness can reduce anxiety and improve mental clarity. It helps you to focus on positive things which are nurturing and prevents you from looking back and punishing yourself with 'what if's'.

CREATIVITY AND IDENTITY

Many hobbies stimulate creativity and encourage you to think in new ways. This creative thinking can spill over into other areas of your life, improving problem-solving skills and fostering innovation. Hobbies also allow you to express your identity and individuality. They can become a part of who you are and how you define yourself, giving you a sense of purpose and direction.

SOCIAL CONNECTIONS

Hobbies can be a great way to meet like-minded people and form social connections. Whether it's joining a club, attending a class, or participating in a group activity, hobbies can help you build meaningful relationships and reduce feelings of loneliness.

EMOTIONAL EXPRESSION

Hobbies provide a healthy way to express emotions and can provide a therapeutic outlet. Creative activities in particular have been shown to increase positive moods. Creative endeavours help to expand neural connections in your brain, which is linked to the release of 'feel-good' hormones such as dopamine.

PHYSICAL HEALTH

Some hobbies, especially those that involve physical activity, contribute to better physical health. Whether it's dancing, hiking or swimming, these activities improve fitness, which in turn benefits your mental health.

RESILIENCE

Hobbies provide a consistent source of joy and satisfaction, which can make it easier to cope with life's challenges. When you have a hobby you're passionate about, you have something positive to turn to during challenging times.

SIDE HUSTLES AND FUTURE OPPORTUNITIES

Many people love their hobbies so much that they turn them into commercial operations. Apart from being good for your overall health and wellbeing, hobbies can provide a pathway to other opportunities, including money-making ones.

LIFE SATISFACTION AND JOY

At the end of the day, hobbies are fun and rewarding. They make your daily routine more enjoyable and give you something to look forward to, enhancing your overall life satisfaction.

GESTATIONAL DIABETES

So you're pregnant and you've just been diagnosed with gestational diabetes. What does this mean? How do you manage it and ensure a healthy outcome for you and your baby? Diabetes Educator Fran Leclercq helps to demystify gestational diabetes and mothers Shilpa Iyengar & Maddi Schafer also share their lived experience. By Bojana Bobusic

Gestational diabetes mellitus (GDM) is a type of diabetes that occurs during pregnancy. It is when there are higher-than-normal levels of glucose in the bloodstream, usually detected around 24 to 28 weeks.

During pregnancy the placenta produces hormones to help the baby grow and develop. However, these hormones also block the body from using insulin effectively (insulin is the hormone which is responsible for moving glucose (sugar) from the bloodstream into cells for energy). In other words the body becomes "insulin resistant".

When a pregnant mother is insulin resistant, glucose builds in the bloodstream and this is what results in gestational diabetes being diagnosed. To ensure a healthy outcome for mother and baby, gestational diabetes must be managed accordingly - through a healthy diet, regular exercise, regular blood glucose monitoring, and in some instances using medication.

Post-delivery, most women will no longer have gestational diabetes.

However, it is important that both mother and baby continue to monitor their health as they are both at an increased risk of developing type 2 diabetes in the future.

Shilpa Iyengar was diagnosed with gestational diabetes when she was 19 weeks and 17 weeks pregnant respectively with her daughter and son. She had no family history of diabetes and knew very little about the condition. "I was a bit surprised the first time around as I was fairly healthy and associated it with someone having a bad diet or lifestyle. I then understood there is a higher chance of getting it the older you get, and I was 39 when I was pregnant with my first baby."

Fortunately for Shilpa, she was referred to a diabetes consultant based at her hospital for both pregnancies, who helped her manage and work through the diagnosis. She was put on a diet-based plan, exercised daily, and in the later stages of her pregnancy was placed on insulin to help reduce her fasting and post-meal glucose levels.



“According to a new report by Diabetes Australia, the number of women diagnosed with Gestational Diabetes has more than doubled over the past decade”

pregnancy

Fran Leclercq is a registered nurse and credentialled diabetes educator based in Perth. She has worked in the diabetes space for the past 11 years and has held senior diabetes nursing roles in both the public and private hospital setting. She has worked with many women who have been diagnosed with gestational diabetes and is passionate about raising awareness of the condition.

As a diabetes educator, Fran helps pregnant women manage their diagnosis as well as reduce the stigma around gestational diabetes. “I tend to say to women it’s nothing that you have done, it’s a combination of genetic tendencies paired with the pregnancy and the hormones. Unfortunately there’s nothing you can do about any of those factors. And so I try to remove the stigma in that way. When we think ‘diabetes’, people immediately think it’s because they have a sedentary lifestyle, or they eat too much sugar, or don’t exercise, but that is not the case at all with gestational diabetes. In fact I see women who live very active and healthy lifestyles still having this diagnosis.”

Maddi Schafer was diagnosed with gestational diabetes at 27 weeks in her first pregnancy and is currently pregnant with her second child (and was diagnosed with GDM at 7 weeks). “I felt a failure and very scared that I had caused this and didn’t know how I was going to enjoy food,” she says of her first diagnosis. “In my second pregnancy I expected it and felt more ready but I’m still concerned as it’s a longer time until full gestation”.

Fran says that it’s very common for pregnant women to feel overwhelmed, anxious and unsure when first diagnosed. “Diabetes

might be a foreign concept. They might never have heard of it, or understand what diabetes is. I think pregnancy (especially first pregnancy) is a really uncertain time, and we get a mix of emotions. We get some women who might even have a bit of denial about their diagnosis, and that is probably more around the stigma and not understanding that it can happen to anyone. I feel like a big part of our job is demystifying it all, removing the stigma and making sure women feel that they’re supported and that it’s not their fault.”

Fran helps women from the initial diagnosis right through to birth. “Usually we get the referral from the obstetrician and we do our best to contact the mother within two days to lock in an education session. That initial education session is done as a group online with general advice and information about the management of GDM. Part of that conversation is also about how to monitor blood glucose levels at different points in time and seeing what the profile looks like”.

“We provide recommendations around carbohydrate portions and glycemic index (GI) and other things that can help manage GDM like physical activity, sleep, and stress. We then get women to record their numbers for a week and email the data back. We continue troubleshooting with them if we see levels that aren’t quite where we want them to be,” explains Fran, “We can work on GDM management for the remainder of the pregnancy.”

By seeking and following medical advice, a mother can feel confident that she will be decreasing any risks for her baby both during and after pregnancy. To ensure blood glucose



“We do our best to contact the mother within two days of diagnosis to lock in an education session.”

levels return to normal levels post-delivery, it is recommended that mothers complete an oral glucose tolerance test (OGTT) 6-8 weeks after delivery.



MORE RESOURCES

Diabetes Australia: diabetesaustralia.com.au/about-diabetes/gestational-diabetes

The National Diabetes Services Scheme (NDSS)
ndss.com.au/about-diabetes/gestational-diabetes



MANAGING GESTATIONAL DIABETES

REGULAR BLOOD-GLUCOSE MONITORING:

Checking four or more times a day, specifically first thing in the morning and 2 hours post meals to ensure levels are within a healthy range.

HEALTHY DIET: Eating foods that are low GI and spreading your carbohydrate intake over the day. Meet with a registered dietician to have your diet assessed.

EXERCISE: It is recommended to exercise daily for at least 30-60 mins at a moderate intensity. Walking, swimming, stationary bike cycling, pregnancy yoga & pilates are some safe options.

MEDICATION: In some instances medication such as metformin and/or insulin injections may be needed to help lower blood glucose levels. Always follow the advice of your medical team.

STRESS: Managing and monitoring gestational diabetes can be stressful and this can impact blood glucose levels. Look to join a gestational diabetes or pregnancy support group, seek professional counselling, and rely on family and friends for support.

CLOSE MONITORING OF YOUR BABY: Regular ultrasounds to check your baby's growth and overall health.

POST-DELIVERY: Complete an oral glucose tolerance test (OGTT) 6-12 weeks after your baby is born to ensure blood glucose levels have returned to normal.



THE GOOD GUTS GUIDE

*to gut health, probiotics
and fermentations*

What does gut health really mean, and what exactly are probiotics? And, what are the benefits of fermented foods? There are plenty of buzzwords around gut health, and working out the fact from the fiction can be difficult and

overwhelming. Our guide, which is full of information from qualified expert nutritionists and dietitians, will help answer all these questions and more.

If you are experiencing gut issues, it's important to speak to your GP, because a specialist diagnosis may be required, depending on your

symptoms. Remember that any time you consider altering your diet, it's important to speak to your regular GP or dietitian for tailored advice that suits your personal health concerns and goals, as they are best equipped to provide guidance based on your health history and needs.

GUT HEALTH

Nutritionist Tracey Randell explains what it really means to have a healthy gut and suggests seven ways to improve your gut health

Scientists have discovered that the trillions of bacteria in our gastrointestinal tract don't just process the food we eat. These bacteria help our body maintain balance and stay healthy. But, what does it mean to have 'good gut health'? What does it feel like and what can we do to improve it?

What is the gut microbiome?

Your gut is home to trillions of bacteria, viruses, yeasts and other microorganisms, which are known as your gut microbiota. Emerging research suggests the microbiota, along with its collection of genomes – together referred to as the microbiome – may well influence your health as much as your own inherited genes do.

Each of us has a unique microbiome, with the diversity and abundance of the flora influencing our general health. Often, a reduced diversity in gut flora is seen in people with certain conditions, such as irritable bowel syndrome (IBS).

Everything we eat and drink influences our delicate internal gut ecosystem. How we manage stress, how much or little we exercise, the medications we take and even our genetics may all have an impact. In turn, our gut health influences the following:

- **Immunity** – our microbiome plays a role in regulating our immune system. Alterations in gut bacteria may lead to autoimmune disorders and raised levels of inflammation.

- **Brain health** – Gut cells and the microbiome produce neurotransmitters like serotonin and gamma-aminobutyric acid (GABA), which may influence your mood.

- **Nutrient absorption** – the gut microbiome is crucial for the digestion and utilisation of nutrients. Macronutrients and micronutrients, including the B group of vitamins, are important producers of energy, and also play a role in regulating our metabolism and mood.

How do I know if my gut is unhealthy?

There are a number of signs that may suggest this, including one or more of the following:

- **Upset stomach** – processing food and eliminating waste challenge an unhealthy gut.

Symptoms may include excessive flatulence, bloating, constipation and diarrhoea.

- **Unintentional weight changes** – an unhealthy gut impairs regulation of blood sugar, absorption of nutrients and storage of fat, which may result in unintentional weight changes in some people.

- **Skin irritation** – some studies suggest that gut inflammation may contribute to skin irritation and conditions such as eczema by causing 'leaking' of some proteins.

HOW CAN GUT HEALTH BE IMPROVED?

1 REDUCE STRESS LEVELS
Stress causes the digestive process to slow or be disrupted. This can lead to maldigestion of foods, prompting undesirable bacteria overgrowth.

2 LIMIT ALCOHOL INTAKE
Alcohol changes the ratio between beneficial bacteria (such as *Lactobacillus* and *Bifidobacterium*) and pathogenic bacteria (such as *Bacillus* spp.).

3 STAY PHYSICALLY ACTIVE
Moderate exercise boosts the level of gut microbes, producing a substance called butyrate. This has many health benefits, from producing satiety hormones that curb hunger to promoting gut motility.

4 EAT INSOLUBLE AND SOLUBLE FIBRE
These types of fibre act in

different ways. The insoluble variety found in wholemeal and wheat bran provides bulk to your stools, allowing them to pass more easily. Soluble fibres, such as those found in oats, fruit and vegetables, are fermented by your gut bacteria. Both types of fibre promote a healthy gut, so it's important to include both in your diet.

5 REDUCE SUGAR INTAKE
A diet high in processed sugar and refined foods may increase inflammation, which may decrease the amount of beneficial gut bacteria.

6 EAT A RAINBOW OF FRUIT AND VEGETABLES
Colourful fruit and vegetables provide polyphenols – plant chemicals that promote good gut health. Studies suggest that by eating at least 30 different plant foods each week, you may help increase the

diversity of the microbes in your gut. This isn't as difficult as it might sound, because fruit, vegetables, nuts, seeds, herbs and spices all count as plant foods.

7 INCLUDE FERMENTED FOODS
When fermented foods are included regularly in your diet, they may provide a number of benefits, such as improving your digestion.

Tracey Randell is an IFM-accredited functional medicine practitioner. As a registered nutritionist, she treats gut health issues and specialises in IBS, inflammatory bowel disease and small intestinal bacterial overgrowth. Tracey lectures on IBS, celiac disease, the gut-brain axis, food intolerances and meal planning.

PROBIOTICS AND PREBIOTICS

What are probiotics and prebiotics, and what do they do?

WORDS EMER DELANEY

What are probiotics?

Probiotics are living organisms found naturally in foods such as yoghurt, kimchi, sauerkraut, miso and kefir. They're known as 'good' or 'friendly' bacteria, as they compete for space and food against harmful bacteria to prevent them settling in the gut.

What are prebiotics?

Prebiotics are considered by some to be non-digestible carbohydrates that nourish the microorganisms

in the colon. They occur naturally in foods such as garlic, bananas, oats, onions and leeks. This has been criticised by others due to being poorly defined. Some scientists prefer to use the term 'microbiota-accessible carbohydrates', or fermentable dietary fibre that microorganisms can use. Either way, foods containing prebiotics are components of a healthy diet and should be eaten regularly.

What are the different types of probiotics?

There are numerous types of probiotics, and each has different characteristics. They may be combined with others or appear on their own in powder, tablet or liquid dietary supplements. At the moment, foods that naturally contain probiotics are not eaten regularly enough in Australia, and supplements are becoming more popular. The most common probiotics include *Lactobacillus*

acidophilus and Bifidobacterium. These differ, as they are made up of different types or strains of bacteria, and are recommended for different clinical conditions. Lactobacillus acidophilus has been clinically shown to lower the incidence of antibiotic-associated diarrhoea, and can also result in a shorter length of stay in hospital for some. In order to experience this benefit, a vast quantity of food containing probiotics would need to be eaten. It's therefore easier and more effective to take a recommended probiotic supplement.

For those with a diagnosis of IBS, supplements containing Bifidobacterium have been shown to reduce symptoms, including bloating and cramping, and improve stool frequency. They can be taken for up to eight weeks.

What are the health benefits of probiotics?

Probiotics have been shown to improve symptoms in IBS, travellers' diarrhoea and the duration of antibiotic-associated diarrhoea. There is emerging evidence that probiotics may improve cholesterol levels in people with type-2 diabetes, and could play a role in benefitting cold or flu outcomes during stressful periods. However, these are very small studies, and more research is needed before robust recommendations can be made.

What are the risks of probiotics?

Generally, probiotics are safe for healthy individuals, however those with a compromised immune system may be at risk and should seek advice from a specialist dietitian or GP before taking supplements.

What should we look for when choosing a probiotic supplement?

There are two key issues when choosing a probiotic: the first is ensuring that the product contains enough bacteria to have an effect (107-1010 probiotic cells per gram); the second is ensuring that it survives the acidic environment of the stomach in order to reach the large intestine. Examples of probiotics that meet this criteria include Alflorex, Yakult, Symprove and VSL#3. Each of these is designed to treat different symptoms, so if you are thinking about taking a probiotic, seek advice from a specialist dietitian or GP first to ensure you take the correct one.

Unless stated otherwise by manufacturers, probiotics may need to be taken for a minimum of four weeks before effects are seen. If no improvement is noted, it is recommended that you try another brand or stop completely.

Is it best to take probiotics and prebiotics as foods, supplements or drinks?

If you are thinking about taking a probiotic or prebiotic and are unsure where to start or what to take, ask for help from a specialist. There are so many products available on the market, it can be difficult to decide which to choose. The evidence is very much linked to the supplement, so whether it's a powder, tablet or drink you're looking for, choosing the right one should depend on the symptoms you're experiencing.

Emer Delaney has an honours degree in human nutrition and dietetics from the University of Ulster, and has worked as a dietician in some of London's top teaching hospitals. Her areas of expertise include IBS and food intolerances, weight loss and women's health.



TOP 7 HEALTH BENEFITS OF FERMENTING

Popular across cultures, the process of fermenting food has made a comeback. Fermented foods are known as a source of 'good' bacteria, and eating them regularly may contribute to a healthy digestive system. Read on to discover what all the fuss is about

WORDS JO WILLIAMS



Nutritional profile of fermented foods

There are many variables involved in the fermentation process. These include the microorganisms at work, the nutritional contribution of the ingredients used and the environmental conditions to which the food is exposed. Consequently, these factors give rise to thousands of different variations of fermented food, with associated differences in their nutritional contribution and microbial diversity.

Is fermented food safe for everyone?

Fermented foods are safe for the majority of people, but some individuals, such as those with a histamine intolerance, may experience side effects. Furthermore, if fermented foods are new to you or you're not used to a fibre-rich diet, you may experience symptoms such as bloating and flatulence.

Introducing fermented foods to someone who is critically ill or immunocompromised should be done with caution and under the guidance of a GP or other healthcare professional.

When making your own fermented foods, always follow recipes, fermentation times and temperatures carefully, and be sure to use sterile equipment.

To learn how to sterilise jars, visit: womensweeklyfood.com.au/how-to/sterilise-seal-glass-jars

What is fermenting?

Fermentation is an ancient technique for preserving food and drinks that has been practised since long before the days of refrigeration. During fermentation, microorganisms like bacteria, yeast or fungi convert organic compounds like sugars and starch into alcohol or acids. These act as natural preservatives and improve the taste and texture of fermented foods, leaving them with a distinctive strong, salty and slightly sour flavour.

There are two main methods of fermentation. One is spontaneous, when the microorganisms naturally present in the food or environment initiate fermentation. The second is by the addition of a starter culture. An example of spontaneous fermentation is in the production of kimchi or sauerkraut, whereas kefir or natto are produced by the addition of a starter culture.

Fermentation is used in the production of many foods and drinks we enjoy, such as yoghurt and cheese.



WHAT ARE THE TOP HEALTH BENEFITS OF FERMENTING?

1 SOURCE OF BENEFICIAL BACTERIA Most fermented foods contribute bacteria that have a potential probiotic effect. This means that these bacteria may help restore the balance of bacteria in your gut, support digestive health and alleviate any digestive issues.

Probiotic amounts will vary, however, and the number of bacteria that arrive in the gut, where they can be of benefit, will depend on a number of factors, including the food in which they are delivered, with those supplying fibres referred to as prebiotic, being the most beneficial.

2 EASIER TO DIGEST Thanks to the bacterial breakdown of some of the natural sugars and starches, fermented foods are easier for us to digest. For example, fermentation breaks down the lactose in milk to simpler sugars – glucose and galactose – this means if you are lactose intolerant, products like yoghurt, kefir and cheese may be acceptable for you.

3 IMPROVES THE AVAILABILITY OF NUTRIENTS When we ferment certain foods, we help increase their health potential. This includes both producing more vitamins and minerals, and making them more available for our bodies to absorb. This is because some natural compounds, like phytic acid found in

legumes including soya beans, may inhibit our absorption of nutrients like iron and zinc. Fermentation removes these ‘anti-nutrients’, making their nutritional content easier for us to access. Similar benefits have been seen with sourdough, with improvements in mineral availability, greater breakdown of proteins and lower glycaemic responses all being cited.

Additionally, by boosting the beneficial bacteria in your gut, you may promote their ability to manufacture B vitamins and vitamin K.

4 MAY IMPROVE MOOD AND BEHAVIOUR Our understanding of the gut and how it impacts our mood and behaviour is fast evolving, and it appears that fermented foods may play an important part. Certain strains of probiotic bacteria, including *Lactobacillus helveticus* and *Bifidobacteria longum*, commonly found in fermented foods, may improve symptoms of anxiety and depression.

Another strain, *Lactobacillus casei* Shirota, may also influence the production of cortisol and minimise physical symptoms of stress.

5 MAY SUPPORT HEART HEALTH Eating fermented foods as part of a healthy, balanced diet appears to be

associated with a lower risk of heart disease. The mechanisms at play may include modest reductions in blood pressure and improvements in cholesterol balance.

6 MAY SUPPORT IMMUNE FUNCTION Including a range of fermented foods in your diet may support your immune function and reduce your risk of infection. Studies suggest beneficial gut bacteria in the form of probiotic supplements may be particularly useful in reducing upper respiratory infections. Whether this effect is replicated through the inclusion of fermented foods in the diet is not yet known.

7 MAY SUPPORT WEIGHT LOSS Although more research is needed, some studies suggest certain strains of beneficial bacteria may aid weight loss and reduce belly fat.

Jo Williams is a registered nutritionist with the Association for Nutrition and graduated from the University of Westminster in 2010. She works as a health coach, advising on weight management and wellness. Jo specialises in public health, including work on community cookery projects.

12 HEALTHIEST FERMENTED FOODS

Fermented foods are good for gut health, but which ones are best? Nutritionist Kerry Torrens rounds up the healthiest fermented foods

1 APPLE CIDER VINEGAR is made by crushing apples and allowing yeasts to ferment the natural sugars into acetic acid. It's the unfiltered vinegar that retains the benefits, as it contains the 'mother', a collection of proteins, enzymes and friendly bacteria – you'll recognise an unfiltered product because it will appear cloudy. Including apple cider vinegar in your diet may help improve fasting blood sugar and reduce HbA1c, a marker of long-term blood glucose control.



2 CHEESE (including aged cheddar, parmesan, gouda and mozzarella). Some cheese varieties are more effective than a probiotic supplement for delivering intact beneficial bacteria (probiotics) to the gut. Mozzarella, the Italian soft, fresh cheese, is one such example, although levels of beneficial microbes may vary, depending on the source of the milk used.



3 KEFIR benefits from a more diverse composition of beneficial bacteria and yeast than yoghurt. These microbes are responsible for producing bioactive compounds that have numerous benefits for our health, from improving digestion to lowering cholesterol.



4 KIMCHI is a fermented combination of vegetables and spices. This traditional Korean food is now popular across the world. The process of fermentation, by mainly *Lactobacillus* bacteria, may enhance the nutritional value of kimchi. This is because the bacteria themselves synthesise vitamins and minerals, and the process of fermentation deactivates some less favourable compounds. Including kimchi regularly in your diet may help you manage cholesterol and balance blood sugar levels.

5 KOMBUCHA is a mildly fizzy fermented drink made from sweet tea and a culture known as 'SCOBY' – 'symbiotic culture of bacteria and yeasts'. The bacteria and yeast in SCOBY convert sugar into ethanol and acetic acid. The acetic acid gives kombucha its distinctive sour taste. Kombucha contains small amounts of vitamins and minerals, including vitamins C, B1, B6 and B12, which are produced when the yeast breaks down the sugars. Levels are likely to vary by product.



6 MISO is a traditional ingredient in Japanese cooking. Miso paste is made from soybeans and grains that are fermented by koji enzymes and beneficial bacteria. Miso is rich in gut-friendly bacteria, protein, vitamins E and K, and isoflavone plant compounds, which may have anti-cancer benefits.





7 OLIVES are one of the most popular fermented foods. Their natural saltwater fermentation makes them rich in *Lactobacillus*, one of the most influential species of gut-friendly bacteria.

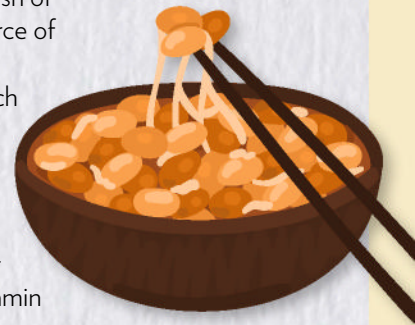
9 TEMPEH is a popular protein alternative made from cooked, fermented soya beans. It's rich in bone-friendly minerals including calcium, magnesium and phosphorus. In addition to this, the fermentation process breaks down compounds known as anti-nutrients, which may inhibit our uptake of some of these valuable minerals. This makes fermented foods like tempeh easier to digest, and can mean the nutrients they provide are easier to absorb.



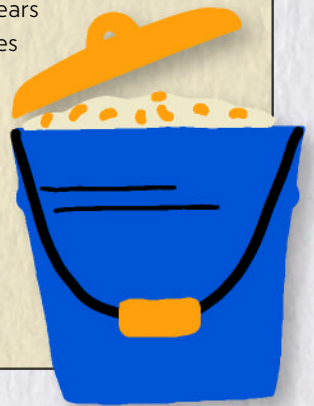
11 YOGHURT – interestingly, studies suggest that a 100g serving of yoghurt every day may be beneficial for mood and outlook. This is likely to be because of the relationship between the beneficial bacteria in our gut and the role they play in producing feel-good neurotransmitters, such as serotonin and dopamine.



8 NATTO is a traditional Japanese dish of fermented soybeans, and a rich source of beneficial bacteria. It's traditionally consumed at breakfast. Containing as much as 100 times more vitamin K2 than some cheeses, it's particularly useful for those at risk of poor bone health. However, if you're on blood-thinning medication such as warfarin, you should refer to your GP or registered dietician before introducing vitamin K-rich foods into your diet.



10 SAUERKRAUT is essentially fermented cabbage, and is thought to have originated in China more than 2,000 years ago. The process of fermentation initiates certain beneficial microbes, and is what makes sauerkraut such a healthy choice. It's heart-healthy, fibre-rich and a source of beneficial bacteria that help to balance cholesterol levels. It's also a good source of potassium, and its microbe content is thought to positively influence blood pressure.



12 SOURDOUGH is typically made from just four ingredients: flour, water, salt and a starter culture. It's easy to digest and highly nutritious. It's the starter combined with the long fermentation that holds the key to sourdough's taste, texture and health credentials.

A sourdough starter is a mix of flour and water, fermented by wild yeasts and lactic acid bacteria, which gives the sourdough its rise.

Traditional sourdough undergoes a slow fermentation, which makes its vitamins and minerals more bioavailable. The process also kick-starts the breakdown of protein (gluten), making the bread easier to digest.

Although the beneficial microbes in the starter are lost during the baking process, compounds called polyphenols become more bioavailable. These act as an important fuel source for our good gut microbes and, unlike many commercially produced loaves, sourdough is beneficial for blood sugar levels.

Kerry Torrens is a qualified nutritionist with a postgraduate diploma in personalised nutrition and nutritional therapy. She is a member of the British Association for Nutrition and Lifestyle medicine and a member of the Guild of Food Writers.

While the day-to-day management of your diabetes is in your hands, you shouldn't feel that you need to do it alone. Instead, one of the best things you can do to help in managing your diabetes is to build a great support team around you. DL Magazine dietitian and diabetes educator Dr Kate Marsh discusses how to build your (diabetes) dream team.

BUILDING YOUR *(diabetes)* DREAM TEAM



WHO SHOULD BE ON YOUR TEAM?

As the team leader, your job is to find the right members to be part of your team. This may vary depending on the type of diabetes you have, the help you need, and the services you have available in your area. But here are a few key players to consider having on board:

■ **Your general practitioner (GP)**

is the co-ordinator of your overall health care and may be the main health professional helping you manage your diabetes, particularly if you have type 2 diabetes. Find a regular GP you can rely on to help you monitor and manage your diabetes and to refer you to other team members where needed.

■ **An endocrinologist** is a diabetes specialist and a recommended member of the team for all individuals with type 1 diabetes, and those with more complex type 2. To find an one, visit endocrinesociety.org.au/search-for-an-endocrinologist.asp

■ **A diabetes educator**, or Credentialed Diabetes Educator (CDE), can help you understand more about managing your diabetes, including monitoring and interpreting your blood glucose levels, making lifestyle changes, handling sick days, managing your medications and giving injections. To find a CDE, visit adea.com.au/find-a-cde/

■ **A dietitian**, or Accredited Practising Dietitian (APD), can help you understand how food affects your blood glucose levels, how to balance food with medication or insulin, and

how to read food labels and plan meals considering your individual needs and food preferences. To find an APD, visit dietitiansaustralia.org.au/find-dietitian

■ **An exercise physiologist**, or Accredited Exercise Physiologist (AEP), can help to design a safe and effective exercise program to meet your individual needs and health goals, including to help with managing your diabetes. To find an AEP, visit essa.org.au/maps

■ **A podiatrist** is a foot health expert who can assess your feet and help you manage any diabetes-related foot problems. To find a podiatrist, visit: podiatry.org.au/find-a-podiatrist

■ **A pharmacist** can help you with managing your medications, including ordering and dispensing prescription medications, supplying NDSS-subsidised products and advising about interactions between prescription and non-prescription medications or supplements. To find your local community pharmacy, visit healthdirect.gov.au/search-results/pharmacy

■ **A psychologist** could be a valuable member of your team, particularly if you find it hard to come to terms with your diabetes or are experiencing diabetes-related distress or burnout. To find a psychologist, visit: psychology.org.au/find-a-psychologist

■ **An optometrist** or ophthalmologist can help with the health of your eyes. Both professionals can perform a comprehensive eye examination to check for any diabetes-related eye damage and if any problems are found, an ophthalmologist can advise on the best course of treatment. To find a local optometrist, visit: goodvisionforlife.com.au/

Additional members of your team could include a variety of other health professionals, particularly if you have other health conditions or diabetes-related complications. Your diabetes healthcare team can provide ongoing care, education, and support for all aspects of your diabetes management. Family and friends, and local or online diabetes support groups, can also provide support and encouragement.



WHAT TO LOOK FOR IN YOUR TEAM MEMBERS

When compiling your team, there are a few things to look for. You want team members with knowledge, skills and an interest in diabetes management. For example, some dietitians, exercise physiologists and podiatrists will have more experience working with people with diabetes than others, so make sure you ask. Also consider your diabetes treatment. If you are using a continuous glucose monitor or insulin pump, or would like to, you'll need to look for an endocrinologist, diabetes educator and dietitian familiar with these devices.

It's also important that you don't

feel judged or blamed during your diabetes appointments, as this can contribute to diabetes-related distress and burnout. Find a team of diabetes health professionals who are non-judgemental and who understand that living with diabetes isn't easy. They should also be willing to help you in setting realistic targets and a manageable plan to achieve your goals.

Lastly, it is important that you feel comfortable with your team members, that they take the time to listen and answer your questions and concerns, and that they are happy to communicate with each other. Having your team working well together will make your role as team leader easier and will give you the best chance of living well with diabetes.

DON'T FORGET FAMILY AND FRIENDS

Having the support of those close to you is also important. Whether it's helping you to prepare healthy meals, joining you for a walk, accompanying you to appointments, reminding you to monitor or take your meds, or just being a good listener, your partner, family and friends can be a great support. However, they may not understand how you are feeling and the type of support you need, so let them know what you find helpful (and what you find unhelpful!).

CHANGING NEEDS

Your diabetes team may change over time, depending on your individual needs. Common reasons for change include:

- young people moving from paediatric to adult diabetes services
- women who are pregnant or planning a pregnancy

■ people who develop diabetes-related complications and need to add additional health professionals to their team

■ changing healthcare needs with age





PEER SUPPORT

Speaking with other people who also live with diabetes and can better understand how you are feeling can often be a great help and source of encouragement and support. This could be a local support group or an online community.

To search for online and face-to-face support groups around Australia, for people with all types of diabetes, visit: peersupport.ndss.com.au/

Juvenile Diabetes Research Foundation (JDRF) Australia also has a peer support program which

connects people with type 1 diabetes and parents of children with type 1 with volunteers living with diabetes (or who care for a child with diabetes) who can provide practical help and advice. Visit jdrf.org.au/peer-support-program/ for more information.



WORTH THE weight



Most adults in Australia aren't doing enough muscle-strengthening activity. Discover what's so good about strength training and why you don't need to join a gym to do it.



The fact that doing some regular exercise is good for you isn't news. But, while any type of exercise is good exercise, what you might not know is just how important muscle-strengthening activities are.

"Different exercises have different benefits," says exercise physiologist and author of *Stretch Yourself Strong*, Glenn Phipps. "Our heart and lungs need to be challenged to maintain health, as do our muscles and bones – and strength training doesn't just help our muscles to grow and get stronger, it also helps our bones.

"Utilising our muscles during strength-training activities also activates pathways in our muscles that absorb glucose without the need for insulin to act as an intermediary."

Research has also linked doing muscle-strengthening activities regularly to a longer lifespan, as well as a reduced risk of everything from chronic inflammation and diabetes to heart disease and cancer. And it can even support mental health and wellbeing and help to reduce your risk of falls and injuries (see p 92).

NO PAIN, NO GAIN?

According to recent statistics, 60 per cent of adults in Australia aren't doing enough of the type of exercise that counts as muscle strengthening to meet the recommended guidelines, with older adults being more likely to fall into that category. One explanation may be the fact that people are put off by the 'no pain, no gain' school of thought or the belief that strength training only means lifting weights in a gym.

Ben Lucas is the co-founder of fitness studio Flow Athletic, and says that while you may feel some muscle soreness as your body gets used to strength training, this will subside as you continue. "And, while it's good to change things up and add weight to keep yourself from plateauing, if your goal is

exercise

simply to improve your muscle mass and bone density, you don't need to go 'all out' in your sessions," he says.

Glenn adds that a gym membership is certainly not mandatory, either. "Our muscles don't know what we're trying to do to them or how we're doing it. They just respond to tension and load and adapt accordingly, so anything that applies this tension above what we can easily do will result in some type of adaptation. This could simply be repeating a movement like standing up and sitting down a number of times, stepping up and down on a box or even stretching.

"In *Stretch Yourself Strong* we utilised this principle that muscles just respond to load to realise that if we stretch with enough intensity, this is enough to result in changes to muscle tissue, strength and even tendons and the bones they insert into."

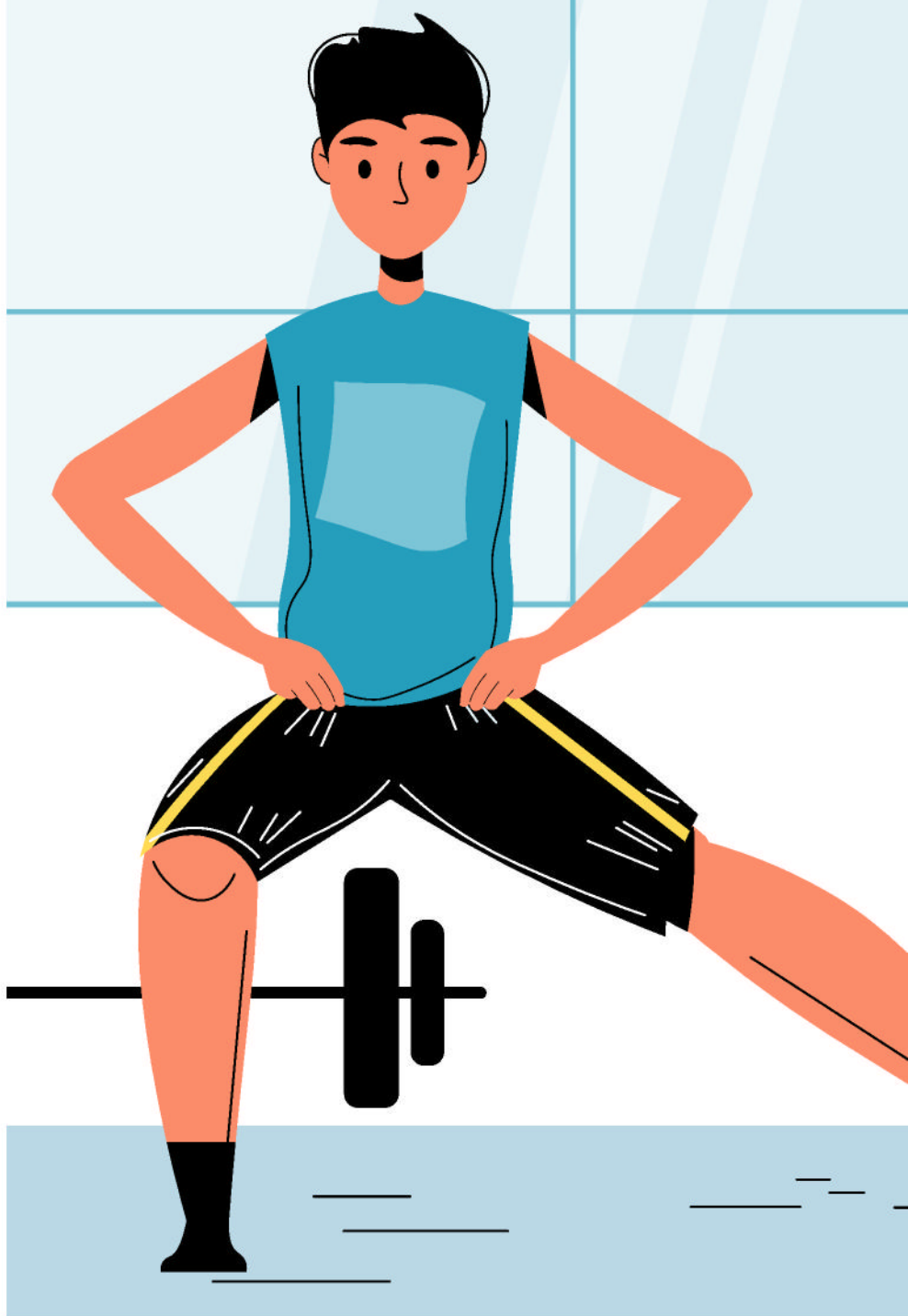
HOW OFTEN SHOULD YOU GIVE YOUR MUSCLES A WORKOUT?

"Those new to exercise will get beneficial gains with as little as one 30-minute muscle-strengthening session per week," says Glenn, "but ideally, look to move in line with current recommendations of twice a week or even more if it's something you enjoy or see benefit in."

However, as with all types of physical activity, doing some muscle-strengthening activity, however little, is always better than doing none at all.

"Even doing a couple of minutes here and there daily is a very good practice for people who are reluctant to commit to longer sessions" says Glenn.

5 STRENGTH-TRAINING ACTIVITIES THAT YOU CAN DO ANYWHERE



If you want to work out at a gym to improve your muscle strength, great! But if buying a gym membership isn't quite your style, try these suggestions instead.

ONE SCHEDULE SOME INTENTIONAL BODYWEIGHT EXERCISES.

Set aside some time each week to do a routine of exercises like push-ups, squats, calf raises and triceps dips off a bench. "And, to add resistance to your squat," says Ben, "feel free to hold onto something heavy to 'weight' it."



TWO

DO SOME OPPORTUNISTIC BODYWEIGHT EXERCISES.

"Whenever you stand up out of a chair," says Glenn, "take the opportunity to repeat the movement 10-15 times or until you feel some fatigue in your legs."

Likewise, while you're waiting for the kettle to boil, do some push-ups on a bench in the kitchen. You could even challenge yourself to meet a daily quota."

THREE

DO SOME INCIDENTAL BODYWEIGHT EXERCISES.

Everyday actions like lifting and carrying heavy grocery bags to your car or climbing the stairs rather than taking the lift or escalator counts as muscle-strengthening activity.

FOUR

STRETCH IT OUT. "For example, place an outstretched leg on a chair to stretch your hamstring at the back of the leg," says Glenn. "But, instead of just a gentle stretch, push the heel down to get the muscles working and adapting."

FIVE

INVEST IN A RESISTANCE BAND.

"Tie it around a post or bannister at home and pull it towards you 10 times every time you walk past it," says Glenn.



my story: type 2

ROBERT CAMILLERI TYPE 2

my story

“I almost have too much energy now, sometimes my wife says to me, can you just slow down?”



Born to Maltese parents who didn't talk about health issues, Robert (62) already knew he had to make lifestyle changes when he was introduced to the Defeat Diabetes program.

I always knew there was something wrong with Dad, but never knew what it was. I'm the youngest of 14 kids and if you ask my brothers and sisters, they'd say, "Oh yeah, we knew he had diabetes!". And I don't know why but it was never spoken about. My parents were both Maltese, and Malta is saturated with diabetes. They came out to Australia in the fifties. My dad needed to complete some medical checks to get his travel permit and I didn't find out until I was older that he failed the urine test and had my older brother provide a sample so he could come to Australia!

An inherited attitude

When my parents got to Australia, they found an abundant lifestyle. Alcohol was especially abundant, because Dad worked for Carlton United Breweries. He really got into the way of life in Australia - Saturdays at the pub, racehorses, Collingwood, and beer. He drank copious amounts of alcohol, as did my eldest brother. And the diabetes was just something he had, I didn't understand it, but the attitude was that life is short so you don't worry about it.

He passed away at the age of 70, from a diabetes complication. His lungs filled up with fluid and he

pretty much suffocated. Then my oldest brother got diabetes, and he passed away at the age of 80. Since then, five of my other siblings have developed diabetes. The others don't talk about it. I would guess that at least two others probably have it as well. My sister is on insulin and I've tried talking to her about her diet, she always says don't worry about it, I'll just take my insulin, I'm nearly 80, I'm ready to go anyway.

An opportunity seized

Throughout COVID, I struggled mentally. I joined Sons of the West, which is a 10-week health program run by the Western Bulldogs Community Foundation. One of the sessions was to have a health check completed with your doctor, who said I was close to becoming diabetic (which was a conservative estimate!). She suggested I speak to Despina Kolivas from La Trobe University (a PhD student who was doing a 12-month research study with Defeat Diabetes), aiming to get people to put their diabetes into remission using a low-carb diet.

I followed the Defeat Diabetes program and had blood tests every three months. One of the great things about the program is that there are a multitude of recipes, so you can still have variety, you can



**BEFORE:
ROBERT LOST
17KG BY FOLLOWING
THE DEFEAT DIABETES
PROGRAM**



**AFTER: ROBERT'S
DIABETES IS NOW IN
REMISSION**



About the program

Diabetes Australia is partnering with Defeat Diabetes to support people living with, and at risk of developing, type 2 diabetes.

Defeat Diabetes is a digital program available online and via mobile app that provides a roadmap to recovery for those diagnosed with pre-diabetes and type 2.

The program offers members access to low carb recipes, meal plans, exclusive video and written content, expert advice from leading doctors and dietitians, live online events and a supportive community committed to a low carb lifestyle.

To learn more and join the program, visit

defeatdiabetes.com.au

clients because of my story. I know that I'm not 'cured'. But I do know that I've dropped three medications, including one for cholesterol. I've also gone from taking 1000mg of Metformin, down to 500mg. So I'm not putting these drugs into my body anymore, and not only that, it's beneficial to my pocket. These medications added up to a lot each month.

I'm also sleeping much better at night. I never used to sleep well. And I'll be honest, I think I look pretty good! I like to dress up and look good, I've bought a whole lot of shirts and jackets, and I've had shirts that I love modified to my new size. It feels so good when you go out, and think, oh I don't look too bad for an old bugger!

Without Defeat Diabetes, I wouldn't be the weight I am today, and I wouldn't have the positive attitude that I've got now. At times when I find myself feeling negative, I pick myself up and think, today is a new day, just get on with it and do as much as you can. It hit me recently how privileged we are, and now I'm trying to give some of that back. I do volunteer work, and I've been mentoring a 14 year-old boy. I just try to help out where I can.

I almost have too much energy now, sometimes my wife says to me, can you just slow down? I've never felt like this before. I really have to thank Despina from La Trobe University and Dr Peter Bruckner and Dr Paul Mason from Defeat Diabetes, if it wasn't for them, and their team, creating the app and all these recipes, I wouldn't have had that direction to follow. Everyone needs a little bit of guidance at times.

even have treats. I use almond flour or coconut flour instead of regular flour when I bake. I use low-carb recipes and low-carb products. I'd say 95% of my meals are low carb.

When you start the program, Defeat Diabetes gives you a list of foods, following a traffic light system, marked red, yellow or green. So green, eat most; yellow, eat sometimes; red, try to avoid or limit. When I cook, I use the app to search for recipes. If I want to cook chicken for dinner, I do a search and a whole lot of chicken recipes come up. Sometimes I mix and match a little bit. I do most of the cooking now, I always enjoyed cooking but I retired two years ago so that's given me more time to prep and plan.

The program has a big focus on protein, and of course low carb. I don't eat rice, potatoes or bread. I

do make my own low-carb bread using my almond flour. I use Slendier as a pasta alternative, made with edamame beans. Or I'll spiralise zucchini. I've found a replacement for just about everything. Even desserts!

I did the 12-month program and I lost 17 kilograms. Once that initial program was over, I kept using the app and following the food plans on my own. There will be times when I put a bit of the weight back on, but if I just focus on the program for a week, I usually lose it again without too much trouble.

Fresh outlook

My BGLs used to be around 8.6mmol/L. Now they are around 5.6. I've even converted my diabetes educator who got in touch with Despina, and now she's recommending the program to her

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that P=1, R=6, and S=11. You can record each letter as you work it out in the letter checker at the bottom of the grid.

11	5	21	14	18	3		11	21	1	6	14	2	14		18	25	5	21	16	24
	21		2		14		21		14		13		13		9		21		23	
20	19	12	19		24	16	9	14	6		24	19	24	14	2		18	6	25	8
	24		12		25		24		25		6		6		19		9		9	
19	18	10	16	11	8		18	22	14	6	18	15	14		23	21	2	7	14	20
		14			21	6	23		16				2	21	20				2	
15	18	17	21	2	1		18	20	22	18	23	25	14		11	21	6	15	14	20
	7		23						14		21					21		23		
7	16	3	16	23	16		21	23	20	14	6	15	19		14	23	2	16	24	4
	20				20	21	23			11		10	19	13			2			
23	16	2	7	9	4		8	16	2	11	14	9	10		8	14	9	1	14	20
	23		9		9		18		16		2		8		21		21		5	
19	15	9	14		9	21	1	16	23		18	9	18	6	2		23	19	21	23
	9		14		16		1		25		16		23		14		15		18	
2	4	19	1	16	25		4	16	14	9	20	14	20		20	26	14	9	9	11

1	2	3	4	5	6	7	8	9	10	11	12	13
P					R					S		
14	15	16	17	18	19	20	21	22	23	24	25	26

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

- 1** Aubergine (8)
6 Caused dissatisfaction (10)
13 Black wood (5)
14 Wave-riding plank (9)
15 Bring upon yourself (5)
16 Globe of the eye (7)
18 Redress (9)
19 Jar top (3)
20 Forbidden (5)
22 Blows a car horn (5)
24 Shot of liquor (3)
26 Metropolitan (5)
28 Seemingly mocking fate (6)
29 Central American canal (6)
31 Hype up (7)
32 Paper shop (10)
34 Nevertheless (10)
37 Sour cherry (7)
38 Chilled dessert (6)
39 Split in two (6)
41 Jokes (5)
42 Affirmative vote (3)

- 43** Tribal symbol (5)
45 Feeling of fear and unease (5)
46 British rule in India (3)
48 Stubborn (9)
51 Leftover part (7)
53 Idly tap with fingers (5)
54 Amoral (9)
55 Insignificant (5)
56 Chest ailment (10)
57 Endears (8)

DOWN

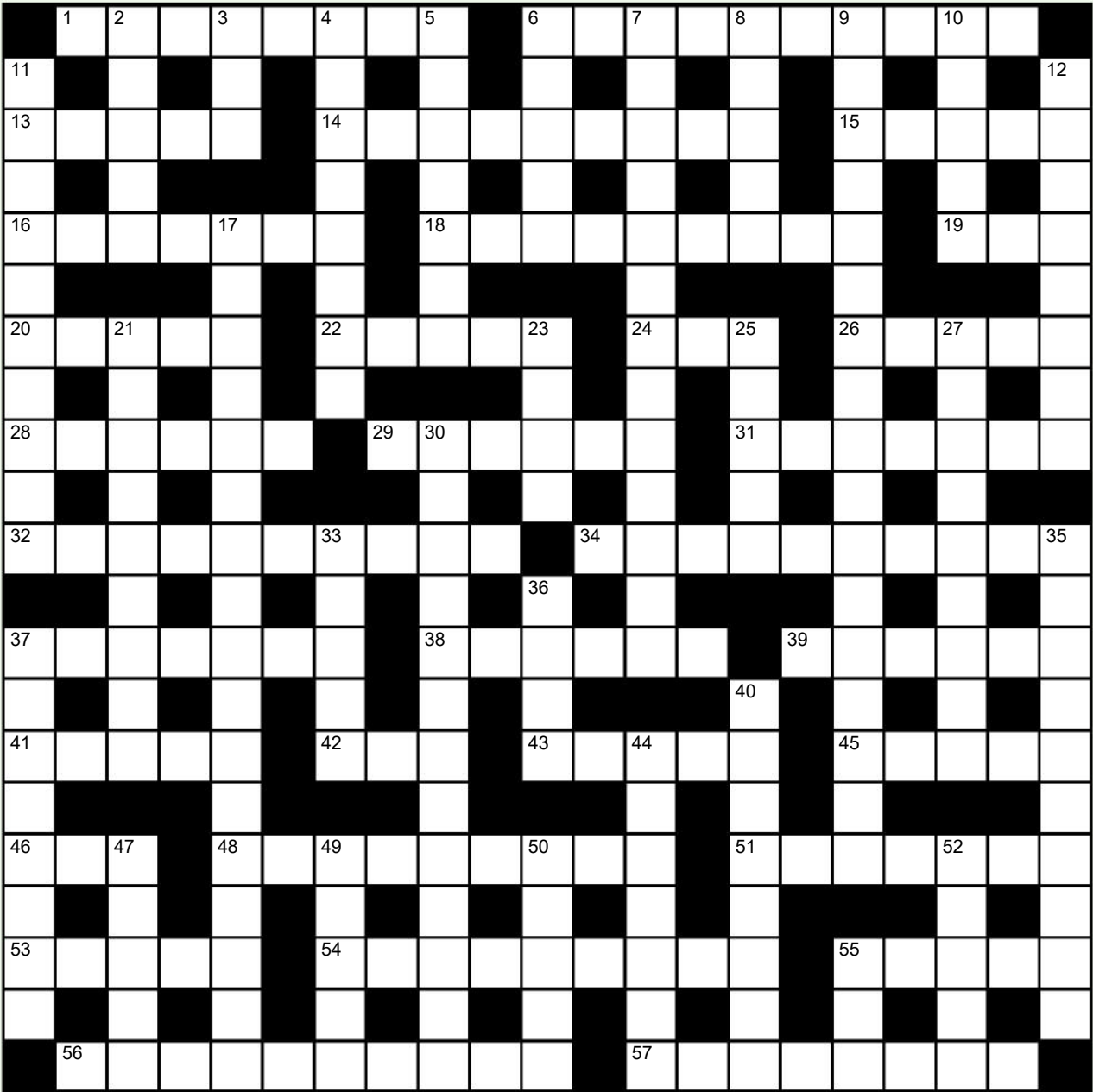
- 2** Spherical map of the world (5)
3 Snoop (3)
4 Pure, total (8)
5 Cyclone, whirlwind (7)
6 New South Wales city (5)
7 Video game (5,8)
8 Shelf, sill (5)
9 1964 spaghetti western film starring Clint Eastwood and the first instalment in *The Man With No Name* trilogy (1,7,2,7)

- 10** Surpass, outdo (5)
11 Walker (10)
12 Belief (8)
17 Himalayan yeti (10,7)
21 Bibliophiles (9)
23 Cleansing substance, detergent (4)
25 --- New Guinea, country (5)
27 Returning weapon (9)
30 Singer's musical backing (13)
33 Resinous compound (5)
35 Beloved (10)
36 Fine dry soil (4)
37 Greater part (8)
40 Brolly (8)
44 Dark syrup (7)
47 Judging panel member (5)
49 Be quiet! (5)
50 Fire leftovers (5)
52 Cafe (5)
55 --- Zedong, Chinese leader (3)

3	7		4	5				6
5								
							7	2
		5	1			7		
	1		6	3				
	4	6	8				1	
		4				9	8	
		8	2	6				
				9				

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.



Turn upside down for puzzle solutions

1	5	3	7	9	8	6	2	4
7	9	8	2	6	4	1	5	3
6	2	4	5	1	3	9	8	7
9	4	6	8	2	7	3	1	5
8	1	7	6	3	5	2	4	9
2	3	5	1	4	9	7	6	8
4	6	9	3	8	1	5	7	2
5	8	2	9	7	6	4	3	1
3	7	1	4	5	2	8	9	6

Sudoku

Across: 1 Egplant, 6 Displeased, 13 Ebony, 14 Surfboard, 15 Incur, 16 Eyeball, 18 Atonement, 19 Lid, 20 Taboo, 22 Toots, 24 Nip, 26 Urban, 28 Ironic, 29 Panama, 31 Promote, 32 Newagency, 34 Regardless, 37 Morello, 38 Mousse, 39 Cleave, 41 Jest, 42 Yea, 43 Torem, 45 Angst, 46 Raj, 48 Obstinate, 51 Residue, 53 Thrum, 54 Unethical, 55 Minor, 56 Bronchitis, 57 Enamours.
Down: 2 Globe, 3 Pry, 4 Absolute, 5 Tornado, 6 Dubbo, 7 Space Invaders, 8 Ledge, 9 A Fistful Of Dollars, 10 Excel, 11 Pedestrian, 12 Credence, 17 Abominable Snowman, 21 Bookworms, 23 Soap, 25 Papua, 27 Boomerang, 30 Accompaniment, 33 Epoxy, 35 Sweetheart, 36 Dust, 37 Majority, 40 Umbrella, 44 Treacle, 47 Juro, 49 Shush, 50 Ashes, 52 Diner, 55 Mao.

Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
P	M	K	Y	O	R	B	H	L	H	N	V	T	C	W											
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

Code Cracker

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Editor's note

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Alix

Alix Davis, Editor

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- 74 Tropical crumble muffins

KEY ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.



WIN!

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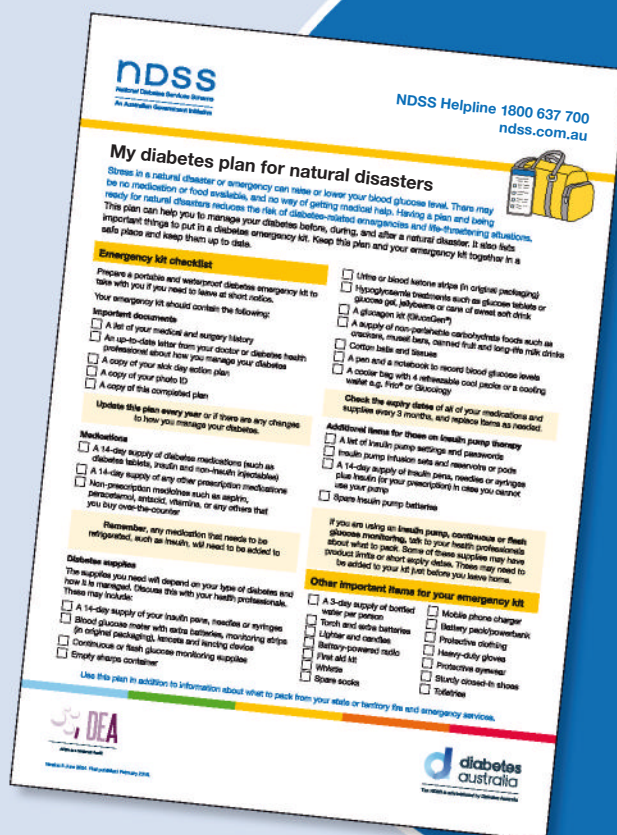
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